



MED instead of MEDS

for BETTER HEALTH

medinsteadofmeds.com

Eating the Med Way has been proven to protect against chronic illness. In some cases, eating the Med Way may even result in decreasing medication taken for high blood pressure, high cholesterol or diabetes.

The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med Tips, life hacks, and recipes that will help you eat the Med Way every day.

Participation is free, but registration is required. The program will be recorded, so registrants can view at any time that is convenient.

Register at:

<https://www.eventbrite.com/e/102715817776>

Join us virtually using the Zoom platform.

(Link will only be provided to registered participants.)

Monday, April 20
Wednesday, April 22
Monday, April 27
Wednesday, April 29
Monday, May 4
Wednesday, May 6

All Classes –
12 noon – 1 pm



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