Med Instead of Meds Registration

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would you like to be added to our Family and Consumer Sciences Newsletter?

Please circle: Yes No

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please check each class you would like to attend. Each class is $10 or $50 for full series.

* Tuesday, March 20th- Introduction to the Med way and mindful eating
* Tuesday, April 3rd- Change your protein and meal planning
* Tuesday, April 17th- Swap your fats and protein and right-sizing your portions
* Tuesday, May 1st- Eat more fruits and vegetables with mindful eating
* Tuesday, May 15th- Make your grains whole and label reading
* Tuesday, May 29th- Rethink your sweets and simple steps for physical activity

Please make checks payable to **Wilson County Ag Center**. Write ‘**Med Instead of Meds**’ on the memo line.

Please drop off or mail registration and payment to:

Wilson County Center NC Cooperative Extension

Attn: Family and Consumer Sciences

1806 Goldsboro St SW

Wilson, NC 27893