Med Instead of Meds Registration

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Classes will be held at the Wilson County Agriculture Center in the Demonstration Kitchen from **5:30p-7:30p** on the following dates:

* June 24th- Introduction to the Med way and mindful eating
* July 1st- Change your protein and meal planning
* July 8th- Swap your fats and right-sizing your portions
* July 15th- Eat more fruits and vegetables and mindful eating
* July 22nd- Make your grains whole and label reading
* July 29th- Rethink your sweets and simple steps for physical activity

Each class includes materials, hands-on cooking, and food tastings. In order to help cover the cost of ingredients, a pre-registration fee of $30 is due with registration. *Please make checks payable to “Wilson Agriculture Center.”*

You may drop off registration and payment or mail these items to:

Wilson County Center

1806 Goldsboro St SW

Wilson, NC 27893