



EATING^{the} MED WAY

Kick Off the New Year Right! Give yourself the gift of health.
Join us for a FREE program based on the nutritious eating pattern found in the Mediterranean. This way of eating promotes health and decreases the risk of many chronic diseases *and* is delicious and easy to prepare!

Wednesdays, 11am
January 8, 15, 22 & 29
Pinon Room, Presbyterian Hospital
Espanola, NM

Learn about the health benefits of eating the Mediterranean way and how easily this cuisine can fit into your daily menu. Learn how to prepare and taste test food using these delicious recipes. To sign up call:

Rio Arriba County Extension Service 505-685-4523
or scan the QR Code

 **PRESBYTERIAN**
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Cooperative Extension Service
Rio Arriba County Extension Office



**Community & Clinical
CONNECTIONS
for Prevention & Health**
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH
Branch

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Joy Czmyrid in advance at (505) 685-4523 or iczmyrid@nmsu.edu

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