Med Instead of Meds Registration

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

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

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

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

Classes will be held at the Johnston County Agriculture Center in the Demonstration Kitchen **beginning at 5:30p** on the following dates:

* May 14th- Introduction to the Med way and mindful eating
* May 21st- Change your protein and meal planning
* May 28th- Swap your fats and right-sizing your portions
* June 4th- Eat more fruits and vegetables and mindful eating
* June 11th- Make your grains whole and label reading
* June 18th- 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 “Johnston Agriculture Center.”*

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

Johnston County Center

2736 NC 210 Hwy

Smithfield, NC 27577