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:

* September 26th - Introduction to the Med way and mindful eating
* October 3rd - Change your protein and meal planning
* October 10th -Swap your fats and right-sizing your portions
* October 17th - Eat more fruits and vegetables and mindful eating
* October 24th - Make your grains whole and label reading; 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