

# MED instead of MEDS

medinsteadofmeds.com



The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

## WHAT YOU WILL LEARN:



Simple steps for mindful eating



Meal planning



Label reading



Right-sizing your portions



Simple steps for mindful physical activity

The class is **FREE**, thanks to sponsorship from The Filling Station and United Way!



Aug 8th, 15th, 22nd & Sept. 5th, 12th, 27th, 2024  
10:00AM - 12:00PM



The Filling Station | 221 Main St,  
Pollocksville, NC 28573

**FREE!**

**Ages 18+**

**10 SPOTS ONLY!**

**REGISTER TODAY!**

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