

MED-SOUTH LIFESTYLE PROGRAM

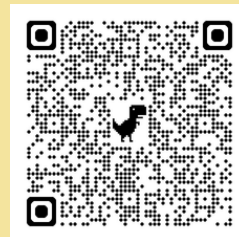


This 4-week **Med-South Lifestyle Program** blends a Mediterranean style of eating with traditional Southern food culture to promote healthier eating and increased physical activity. Learn to:

- Choose healthier unsaturated fats in everyday foods
- Practice healthier cooking techniques
- Find ways to incorporate regular movement into your day

Every Monday from 12:30-1:30PM:

- Session #1: **September 14**
- Session #2: **September 21**
- Session #3: **September 28**
- Session #4: **October 5**



Participants are welcome to bring their lunch!



New Life Church
2297 NC Highway 24
Cameron, NC 28326

Space is limited! Register at www.bit.ly/medsouth26
For questions, call (910) 814-6198 or email spatrick@harnett.org.



Harnett
COUNTY
HEALTH DEPARTMENT

