

HEALTHIER Choices at Your Convenience.

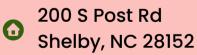
This free 5 week, 5 session program, will help transform your Southern eating styles into healthier alternatives with Mediterranean cuisine and guidelines.

Cleveland County

CONTACT INFO.

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MEDITERRANEAN

South

"Southern Eating with a Mediterranean Twist"





ELIGIBILITY

Individual Participation Program or Group Participation: Minimum of 5 participants maximum 10 participants. Instructors are available to travel to onsite company locations.

"A HEALTHY OUTSIDE STARTS FROM THE INSIDE" -ROBERT URICH

SESSIONS



01 Basics of Nutrition

O2 Sugar, Sodium, and Fast Food

3 | Meats, Fish, Poultry, and Dairy

04 | Vegetables, Fruits, Whole grains, and Beans

05 | Nuts, Oils, Dressings, and spreads

Each session will last 45-60 minutes and will include a short session on physical activity

DID YOU KNOW?

The Med-South program has been a successful program at a number of locations. One successful programincludes the Granville Vance Public Health center, where on average participants lost 2.4 pounds.

Did you know the Mediterranean diet has been effective in helping to ward off cardiovascular disease, heart attacks, strokes, and even premature death?

