







# 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.



## CONTACT INFO.

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## MEDITERRANEAN South

"Southern Eating with a Mediterranean Twist"





# SESSIONS



01 Basics of Nutrition



02 Sugar, Sodium, and Fast Food



03 | 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 program includes 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?

# 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**

