

Med Instead of Meds

What if you knew how to increase your health and decrease your risk of many chronic diseases? What if you didn't have to buy any fancy equipment and your grocery bill was lower? And what if it was simple, delicious and something you could do in the privacy of your own home? Interested???

We're talking about the Mediterranean way of eating! Research supports the use of the Mediterranean diet as a healthy eating pattern for the prevention of cardiovascular diseases, increasing lifespan, and healthy aging. And when used in conjunction with caloric restriction, the diet may also support healthy weight loss.

You have the opportunity to participate in the FREE six-week online "Med Instead of Meds" program. You'll have access to educational presentations, handouts, recipes, and even live question and answer time! All this through a very generous grant from Vidant Chowan Hospital.

MED instead of **MEDS**
medinsteadofmeds.com

Interested in eating the Mediterranean way, but not sure where to start?

The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way.

Simple | Delicious | Satisfying

NC COOPERATIVE EXTENSION N.C. A&T STATE UNIVERSITY NC STATE UNIVERSITY

This class series is brought to you in a collaborative effort by Dee Furlough, FCS Agent in Tyrrell & Dare Counties and CatieJo Black, FCS Agent in Hyde County. The first lesson will begin on Tuesday, June 2, 2020, at 12:00 p.m. (noon). The last live Q&A session will be held on Friday, July 17, 2020, at 11:00 a.m.

Below you will find an outline for what to expect each week:

Mondays: email reminder for upcoming lesson with link to access both the lesson and recipe demo videos for the following day; associated handouts and recipes.

Tuesdays: *pre-recorded lesson to post at 12:00 p.m.; pre-recorded recipe demo to post at 12:30 p.m.*

Thursdays: email reminder for live Q&A on Zoom with link to access.

Fridays: *live Q&A with Dee and CatieJo on Zoom at 11:00 a.m.*

If you'd like more information, contact us at dee_furlough@ncsu.edu or catiejo_black@ncsu.edu.

If you'd like to register:

Visit: [Eventbrite: Med Instead of Meds – Virtual \(Hyde, Tyrrell, Dare\)](https://www.eventbrite.com/e/med-instead-of-meds-virtual-hyde-tyrrell-dare) to complete your free registration by May 31, 2020!

<https://www.eventbrite.com/e/med-instead-of-meds-virtual-hyde-tyrrell-dare-tickets-106016815148>



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Interested in eating the Mediterranean way, but not sure where to start?

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.

Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

During the Med Instead of Meds class series you will:

Discover the 7 simple steps to eating the Med Way:



Change your protein



Swap your fats



Eat more vegetables



Eat more fruit



Snack on nuts and seeds



Make your grains whole



Rethink your sweets

Explore tools that will help you Go Med, including:



Simple steps for mindful eating



Meal planning



Label reading



Right-sizing your portions



Simple steps for mindful physical activity

For more information about Med Instead of Meds contact:

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Find delicious Med Way recipes and resources @
medinsteadofmeds.com

