

Mediterranean Diet – The “gold standard” for lifelong good health



Learn how to incorporate dishes of fruits, vegetables, fish, and whole grains, into your meal planning and discuss the health benefits of the Mediterranean Diet.

You will prepare and taste recipes typical of countries bordering the Mediterranean Sea in this hands-on workshop.

March 19, 2015 & March 26, 2015 – 9:00 am – 11:30 am or 6:00 pm – 8:00 pm

\$60.00 per person (covers both sessions, either morning or evening)

For reservations, call the Miller County Extension office 870-779-3609 or e-mail chaley@uaex.edu

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