

EAT WELL, LIVE WELL: MEDITERRANEAN COOKING DEMO



Join us for a fun and educational cooking demonstration focused on healthy, flavorful Mediterranean meals. This style of eating can play a role in reducing risk for heart disease, stroke, and diabetes.

Thursday, January 8
5:30pm-6:30pm

Harnett County Cooperative Extension
126 Alexander Drive
Lillington, NC

Seating is limited.

Brought to you in partnership with:



To register: 910-814-6196 or www.surveymonkey.com/r/harnettdph
Registration deadline: Monday, January 5th

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