

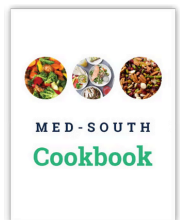
MED-SOUTH LIFESTYLE PROGRAM



The Med-South Lifestyle Program blends a Mediterranean style of eating with traditional Southern food culture to promote healthier eating and increased physical activity. The program is proven to help reduce the risk of many chronic diseases and improve health outcomes.

Participants will learn to:

- Choose healthier unsaturated fats in everyday foods
- Practice healthier cooking techniques
- Find ways to incorporate regular movement into their day




Monthly Group Sessions

- Session #1: **September 30, 12-1 PM**
- Session #2: **October 28, 12-1 PM**
- Session #3: **November 25, 12-1 PM**
- Session #4: **December 16, 12-1 PM**

Participants are welcome to bring their lunch!

Harnett County Health Department

 307 W Cornelius Harnett Blvd
Lillington, NC 27546.

 **REGISTER NOW**



Space is limited! Register by September 26, 2025 at www.bit.ly/medsouth25

Questions? Contact Samantha Patrick at
spatrick@harnett.org or (910) 814-6198