



Mediterranean Diet Class

Date: Thursday, September 1st, 2022

Time: 5:30 p.m. – 7:30 p.m.

Where: Texas A&M AgriLife Extension Service
4224 Cobbs Drive
Waco, Texas 76710

Cost: \$39.00

To Register: Go to MCC Continuing Education website <https://cereg.mclennan.edu> or call (254)299-8888

Instructor will be Mrs. Colleen Foleen, CEA FCH

Learn about this healthy eating pattern to move down the road to a healthier you!!!

- Plan menus and shopping lists to make Healthy Choices easier.
- Learn to modify some recipes and taste some wonderful healthy foods.



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