

LIVING WELL TOGETHER  
PROGRAM SERIES

# MED INSTEAD OF MEDS

The Mediterranean-style eating pattern has been shown to promote health and decrease risk of many chronic diseases. Learn more about eating the Mediterranean diet, including seven simple steps to eating the Med way everyday.

PRESENTER: MIRNA BONILLA  
HEALTH AND COMMUNITY WELLNESS AGENT



DATE: MARCH 11

TIME: 6:45PM (CT)

LOCATION: ZOOM



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