

Interested in eating the Mediterranean way, but not sure where to start?



**For more information about
Med Instead of Meds contact:**

The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

Find delicious Med Way recipes and resources @ medinsteadofmeds.com



If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Dianne Christensen in advance at (505) 243-1386 or diannecc@nmsu.edu.



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.