Mediterranean Cooking Classes

Is eating healthier one of your New Year’s Resolutions? The Mediterranean diet is a lifestyle approach to healthy eating that includes a balanced variety of foods and daily exercise. The list of health benefits associated with the Mediterranean diet is endless, and includes reducing the risk of cancer, heart disease, high blood pressure and diabetes.

Western Mediterranean Cuisine Class: Thursday, February 9th
Eastern Mediterranean Cuisine Class: Thursday, February 16th

Time: 1:00 - 4:00 pm
Location: Christ by the Lake Lutheran Church
1304 CS Woods Blvd, Bull Shoals 72619
Cost: $30 per person per class
Deadline to Register: February 3rd

Space is limited. Register NOW!

To register or for more information please contact us at 313 W 7th Street in Yellville; 870-449-6349 or email rmyers@uaex.edu

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