



**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
University of Arkansas System



# 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 Cuisinè Class: Thursday, February 9th**

**Eastern Mediterranean Cuisinè 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 7<sup>th</sup> Street in Yellville; 870-449-6349 or email [rmyers@uaex.edu](mailto:rmyers@uaex.edu)



The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer. If you require a reasonable accommodation to participate or need materials in another format, please contact your (insert appropriate office) as soon as possible. Dial 711 for Arkansas Relay.