

## Order Form

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MEDMEDS	Simple   Delicious   Satisfying	
Curricul	lum Guide	
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Session 3 Swap Your Fr on Nuts and t	3. Please sets was been defen of the fellowing	
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Med Instead of Meds is a six-session class series focused on eating a healthy Mediterranean-style eating pattern (a.k.a. eating the Med Way). Classes focus on the 7 Simple Steps to Eating the Med Way. Each session explores 1–2 simple steps, a mindfulness skill, and features Med Way recipes. Food demonstration and/or cooking instruction is included in each session.

To purchase Med Instead of Meds, please visit medinsteadofmeds.com/for-professionals or see below.

Name	 	 
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**ATERIALS** 

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6 Curriculum PowerPoints

· Editable Recipe Cards

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TRAINING PPORTUNITIES The Med Instead of Meds team believes strongly that your implementation of Med Instead of Meds will be enhanced by training. The authors are available to come to your state to offer a train the trainer workshop. This workshop will prepare participants to offer training for community educators.

Contact Catherine Hill at catherine.hill@ncsu.edu for details.

Make checks payable to NC State University. Purchase orders are also accepted. Mail order form and check or purchase order to: Catherine Hill, Box 7606, NCSU, Raleigh, NC 27695





