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- Curriculum Guide
- 5 Evaluation Tools
- 8 Editable Marketing Tools
- 6 Curriculum PowerPoints
- 6 Educator Curriculum Scripts
- Editable Recipe Cards

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.

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MATERIALS	<p>Purchase of the Med Instead of Meds suite provides you virtual access to:</p> <ul style="list-style-type: none"> • Curriculum Guide • 5 Evaluation Tools • 8 Editable Marketing Tools • 6 Curriculum PowerPoints • 6 Educator Curriculum Scripts • Editable Recipe Cards <p>One-time fee of \$500.00</p>
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TRAINING OPPORTUNITIES	<p>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.</p> <p>Contact Catherine Hill at catherine.hill@ncsu.edu for details.</p>

Make checks payable to NC State University. Purchase orders are also accepted. Mail order form and check or purchase order to:
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