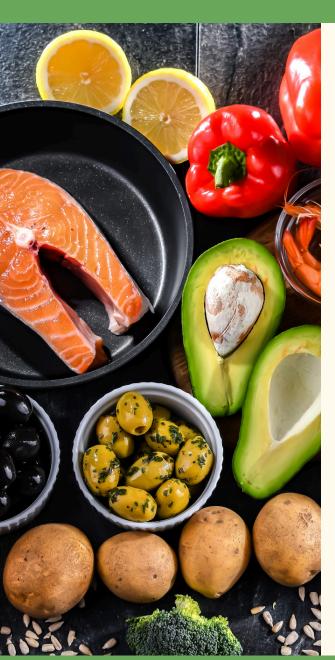
## **EAT WELL, LIVE WELL:**

## MEDITERRANEAN COOKING DEMO





In recognition of **Diabetes Awareness Month**, join us for a fun and educational cooking demonstration focused on healthy, flavorful Mediterranean meals. This style of eating can play a role in reducing risk for heart disease, stroke, and diabetes.

## Thursday, November 13<sup>th</sup>

10:30am-11:30am

or

5:30pm-6:30pm

## **Harnett County Resource Center & Library**

455 McKinney Parkway Lillington

Brought to you in partnership with:







