

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 13th

10:30am-11:30am

or

5:30pm-6:30pm

Harnett County Resource Center & Library
455 McKinney Parkway Lillington

Brought to you in partnership with:



To register: 910-814-6196 or <https://forms.office.com/g/ZVJfGzyq23>
Registration deadline: Friday, November 7th

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