

*Dine & Digest Program*

## **“Characteristics of the Mediterranean Lifestyle”**

*Presenter:* Barbara Ames  
K-State Extension

**Wednesday, April 29 \* 12pm**  
**Labette Health Conference Center**  
**(BLDG D)**

- ◆ How foods in this lifestyle contribute to health.
- ◆ Strategies for incorporating Mediterranean foods and habits into your life.

**Free of charge! Light Lunch Provided!**  
**To RSVP call: 620-820-5171**



Take me to...  
**Labette Health**

**K-STATE**  
Research and Extension

Wildcat District