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