

Steps to a Healthy You



Extension - Health and Human Sciences

April 16, 23, & 30
And
May 7 & 14



Wednesdays
6:00-8:00PM

Dearborn County Extension Office Conference Room
229 Main Street, Aurora, IN

Cost: Free (\$40.00 value)

Program will be provided with Health First Funds from Dearborn County Health Department

Join us in embracing the simple, delicious and satisfying Mediterranean way of eating. The *Steps to a Healthy You* class series will empower you to make informed choices that will positively impact your health, well-being and overall quality of life.

Are you interested in adopting a Mediterranean-style eating pattern but unsure of where to begin? Look no further! Purdue Extension is excited to announce the launch of the *Steps to a Healthy You* class series, designed to help you embark on a journey to discover the delicious and nutritious Mediterranean way of eating.

The Mediterranean diet has long been celebrated for its numerous health benefits, and now, you can learn how to incorporate this lifestyle into your daily routine. The *Steps to a Healthy You* class series will guide you through seven simple steps to following a Mediterranean style of eating, providing you with the knowledge, tools and inspiration you need to make this healthful eating pattern a part of your life.

Space is limited, so register now to secure your spot in the *Steps to a Healthy You* class series. For more information and registration details, please visit <https://cvent.me/94m5EP>

