STEPS TO A HEALTHY YOU

Embracing a Healthy and Mindful Eating Pattern

Discover the Mediterranean way of eating with Purdue Extension's **Steps to a Healthy You** class series. We 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.

Cost: Free! Sponsored by Fulton County Health Department.

WHEN:

September 25

October 2

October 9

October 16

LOCATION:

Fulton County Fairgrounds

1009 W. 3rd Street

Rochester, IN 46975

TIME:

1:00 - 3:00 pm

Sign Up Today at: https://cvent.me/G3n7gb

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