

# WALK, SHOP and CHOP

with a **MEDITERRANEAN FOCUS**

*Explore the Mediterranean lifestyle and eating pattern with a walk in the neighborhood and a visit to the Farmers Market to pick up ingredients for a healthy dish to enjoy. Dress for a walk and the weather. Different recipes and information at each session.*



Eating like those who live in the Mediterranean region has been shown to promote health and decrease risk of many chronic diseases.

The Mediterranean-style eating pattern incorporates the basics of healthy eating that are traditionally practiced in countries that border the Mediterranean Sea.



## FRIDAYS

**September 6, 13, and 20, 2024**

**10:00 am – 1:30 pm**

Boone County Extension Enrichment Center  
Upper Level, 1824 Patrick Drive, Burlington

**859-586-6101 or boone.ca.uky.edu to register**  
*(registering for the first session will enroll you for the series)*

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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