

The Mediterranean Eating Pattern

A Four Week Journey to Healthier Eating—Bedford County 2025



The Mediterranean way of eating is one of the healthiest in the world. It has been well researched and is one of the recommended patterns in the Dietary Guidelines for Americans.

Would you like to make your diet more healthy this year without giving up flavor and interesting foods?

Would you like to learn about olive oils, spices, legumes and cooking fish?

Would you like to learn about this style of eating, taste some delicious dishes and ingredients and try out this ancient eating pattern?

Come join us for a four week journey into the foods and principles of the Mediterranean Diet.

**Wednesdays, January 15—February 5—10:00 –11:30 a.m.
UT/TSU Extension Office—2105 Midland Road, Shelbyville**

\$25 for the series—Must pre-register by mailing or dropping off the form below and your money.

For questions call Whitney Danhof, Extension Agent, at 931-684-5971

Real. Life. Solutions.

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Cooperative Extension

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City/Zip _____ \$25.00 Check (made out to UT) or Cash

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UT/TSU Extension
2105 Midland Road
Shelbyville, TN 37160
931-684-5971