

Join fellow dietitians and University of Missouri Nutrition and Exercise Physiology Department faculty members, LeGreta Hudson and Ann Cohen in Italy, June 2 - 15 for an immersion into the Mediterranean diet and lifestyle. Visit local food markets, producers of olive oil, balsamic vinegar and cheese. Attend seminars on the cultural and environmental influences on the production, marketing and consumption of regional foods. Participate in workshops to prepare foods of the Mediterranean diet. Based in Florence, the course is an engaging, hands-on study of the elements of the Mediterranean diet. It includes a day in the celebrated Cinque Terre, a string of five coastal villages on the Mediterranean Sea connected by a walking path, train and boat. Earn up to 30 CPE units. \$2,500 excluding airfare.

For more information contact Ann Cohen ([cohen@missouri.edu](mailto:cohen@missouri.edu)) or LeGreta Hudson ([HUDSONLE@missouri.edu](mailto:HUDSONLE@missouri.edu)). Day-by-day program, registration form and ppt presentation about the course are on the website: <http://extension.missouri.edu/hes/studyabroad/ItalyRD-CPE/>.