

Download Evening Dinner Program Guide Sample

In order to obtain a J-1 Visa, you must be accepted into one of our programs and: Be enrolled in a foreign degree- or certificate-granting university outside the United States OR have graduated from such an institution no more than 12 months prior to the program start date. Thank you for such a great and thoughtful list Grace! I attended a farm dinner at Ollin farm a few years ago and loved their dedicated space. Mark is such a kind, genuine person and you could feel that in the intention of the dinner. Watch one of America's most treasured monuments light up after dark. Beginning the Friday before Memorial Day each year, visitors can see the illuminated faces of Mount Rushmore National Memorial after the sunset and listen to a park ranger speak about the monument's storied history. Plan your stop to see this national monument in a whole new light.⁴

TRANSITION Transition is the next phase of the Medifast Program. During Transition, you will be reintroduced to fruits, low-fat dairy products, whole