Brought to you by... TEXAS A&M GRILIFE EXTENSION

## Saturday September 26, 2015 8:30 a.m. - 12:30 p.m.

## Healthy Cooking School

how to prepare easy, nutritious and economical meals for your family

YMCA -- Y Living Center 835 W. Southcross Blvd. San Antonio, TX

Register online at Texas A&M AgriLife Conference Services

https://agriliferegister.tamu.edu/

DinnerTonight **or** 

call 979-845-2604

Cooking demonstrations by local celebrity chef!

5 senses food tasting for kids!

**Door Prizes!** 

Cookbook!

Samples!

Goodie bags!

**FREE!** 



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