



# WELLNESS WEDNESDAY ON THE GO!

Join us to learn about quick and easy healthy snack recipes to gain fuel and energy for on the go!

**Food Demo & Taste Test!**

## September 11th, 2024

**Time:** 10:00 a.m. - 11:00 a.m.  
**Location:** Precinct 1 Satellite Office  
**Address:** 3505 Pleasanton Rd.  
San Antonio, TX 78221

**Presenter:** Angie Gutierrez  
Family & Community Health Agent

Endorsed by



**Rebeca Clay-Flores**  
Bexar County Commissioner  
Precinct 1

For more information, contact us at (210) 631-0400

[Click here or scan the QR code to register!](#)



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