
Norte 8833 - 8833 Binz Engleman Rd. 78109
Class Dates: 7/11, 7/18, 8/8, 8/15 Thursdays @ 4:00 pm

A FRESH START

to a

Healthier You!



Join us and receive

- ◆ Support of friends
- ◆ Confidence to cook healthy meals for your children and family
- ◆ Practical cooking and shopping tips
- ◆ Handy kitchen tools
- ◆ Recipes for success in the kitchen

This program is presented by Texas A&M AgriLife Extension Service • Better Living for Texans

For more information, contact:

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