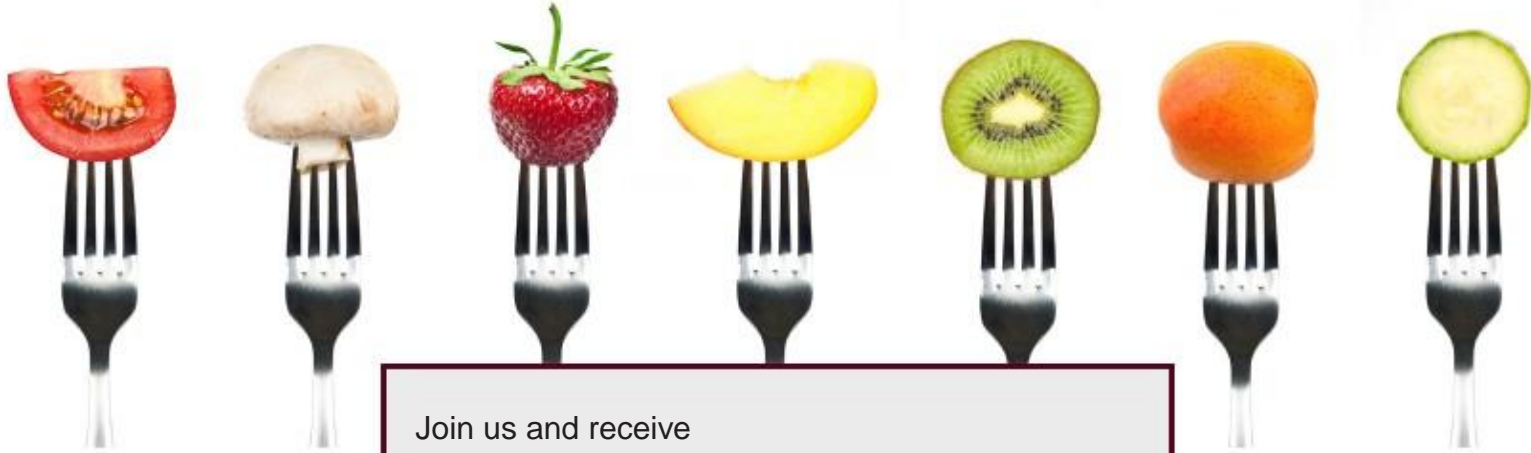


February 13th, 20th, 27th & March 6th

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

St. Mark's United Methodist Church
1101 Jasper Drive - Marshall
10:00am – 12:00pm
Bring a sack lunch!

This program is presented by Texas A&M Harrison County AgriLife Extension Service • Better Living for Texans
For more information, contact:

Louraiseal McDonald, FCS Agent or Patti Brady, ADRC
Outreach Coordinator

RSVP to:

Louraiseal: 903-935-8414/Patti: 903-295-5922

<http://harrison.agrilife.org/>

www.etxadrc.org

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