

The Helping Center *LEARN for LIFE* will host
Texas A&M AgriLife Extension Service

for a 4-class series

What: “A Fresh Start to a Healthier You”

When: Thursdays from 10:00 – 10:30 a.m.

September 8	Creating Safe & Healthier Meals (food safety)
October 13	Balancing Your Day (meal planning)
November 10	Saving More at the Grocery Store (stretching food dollars)
December 8	Celebrating Small Bites (healthy snacking)

Where: Enter at The Helping Center, 1016 Broadway

❖ **Free English/Spanish information, samples, and recipes!**

❖ **Attend all 4 classes to receive a Certificate of Completion and a \$25 H-E-B gift card!**

❖ **Bring a friend!**

Brought to you by LEARN for LIFE
Sponsored by The Club at Horseshoe Bay Resort 2021 Mah Jongg Tournament