

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

for a 4-class series

**What: “Be Well, Live Well”**

**When: Thursdays from 10:00 – 10:30 a.m.  
*February 23, March 16, April 20, and May 18.***

**Where: Enter at The Helping Center, 1016 Broadway**

*“Be Well, Live Well” is a series for senior adults, ages 50 and older, that promotes physical activity and fruit and vegetable consumption. The content is geared to older individuals but is useful for all age groups.*

❖ **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 2022 Mah Jongg Tournament*