



Fresh Start to a Healthier You!

TEXAS A&M
AGRILIFE
EXTENSION

Are you ready to embrace a healthier lifestyle? We've partnered with **Texas A&M AgriLife Extension** to teach you easy and nutritious ways to enhance your well-being. Discover how simple changes in your diet can improve energy, boost immunity and support overall health. Each week you'll gain valuable insights on:

• • • • •
• **Wednesdays** •
• **April 9,16,23 & 30** •
• **9:30am - 10:30am** •
• **The Center, 108 East** •
• **Washington St.** •

- Safe & Healthy Meals
- Balancing Your Day
- Grocery Store Savings
- Celebrating With Food

Register Online or In Person Today!