

CREATE

BETTER HEALTH

JOIN US FOR FREE CLASSES

Explore *SIMPLE & QUICK* ways that *YOU* can *CREATE* Better Health for you and your family.

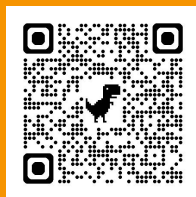
No recipe needed!

No exercise equipment necessary!

Provided in partnership with the
Food Bank of Reno County

Penny Taapken, Food Bank Coordinator
620-665-4076

Click here or
scan QR code for
Food Bank of Reno
County Facebook



K-State Research and Extension is an equal opportunity provider and employer.

WHERE

The Salvation Army
Game Room
700 N Walnut St

WHEN

4-Class Series Mondays at 12pm
March 24 & 31
April 7 & 14

CONTACT

Beks Lohmeier
SNAP-Ed Nutrition Educator