

Quick Meals for Busy Families

Get Healthy for Life®!

DISCOVER WHAT HEALTHY FOOD
CAN DO FOR YOU.

Join us in fun, hands-on group
experiences that will teach you how to:

Co-Sponsored by Live Well Geary County and
K-State Research & Extension



Be well:

learn your
health numbers
and goals

Eat well:

practice easy,
budget-friendly
healthy cooking

Shop well:

be a fearless,
smart grocery
shopper

5:30 - 7:00pm on
Mondays, January 13, 27; February 10, 24 (Konza)
Tuesdays, January 14, 28; February 11, 25 (12th St.)

Konza Prairie Community Health Center
361 Grant Ave, Junction City, KS

12th Street Community Center, 1002 W 12th St., Junction City

Adults are encouraged to bring children that are old enough to
safely engage in cooking activities.

Register at: <http://bit.ly/33QONHD>

Free and open to the public

**This FREE four session class will build your food
purchasing and preparation skills. Families completing all
4 classes will receive a Food preparation "kit" including a
new electric skillet and recipe packet.**

For more information contact:

Geary County K-State Research & Extension
ge@listserv.ksu.edu; <https://www.geary.k-state.edu/community/>
785-238-4161

