



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!

- Eat Healthy and be active on a budget
- Menu planning
- Nutrition facts
- Physical activity barriers
- Tips for creating the perfect Thanksgiving Turkey
- New ideas for Thanksgiving leftovers

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

WHERE

Humboldt United Methodist Church
806 N. 9th Street
Humboldt, KS 66748

WHEN

Tuesday, Nov. 12th at 5:00 PM
Thursday, Nov. 14th at 5:00 PM
Tuesday, Nov. 19th at 5:00 PM
Thursday, Nov. 21st at 5:00 PM

This is a series of 4 classes that will build upon each other.

For more information, contact:

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