
A FRESH START

to a

Healthier You!



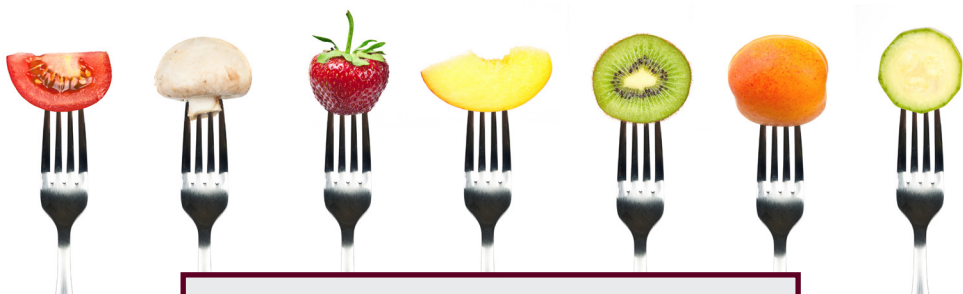
Join us and receive

- ◆ Support of friends
- ◆ Confidence to cook healthy meals for your children and family
- ◆ Practical cooking and shopping tips
- ◆ Handy kitchen tools
- ◆ Recipes for success in the kitchen

This program is presented by Texas A&M AgriLife Extension Service • Better Living for Texans

For more information, contact:

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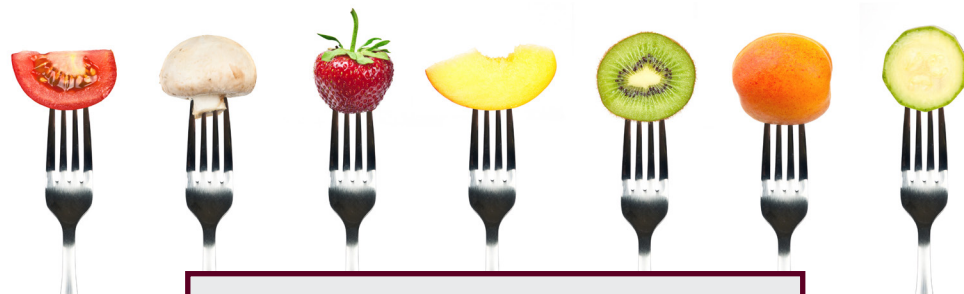
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