

**K-STATE**  
Research and Extension



**Join us!**

# CREATE BETTER HEALTH

**Where:** Online via ZOOM

Link and meeting information will  
be provided after registration

**When:** Every Wednesday at 2PM for 6 weeks

February 10th - March 17th

**Contact:** Cheryl Barnes  
SNAP-Ed Nutrition Educator

**Phone:** 785-251-0603

cheryl47@ksu.edu

**Email:**

## FREE CLASSES

Learn to plan,  
shop, and  
prepare healthy,  
low-cost meals  
and snacks and  
increase physical  
activity

**All are welcome!**

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This institution is an equal opportunity provider.