

JOIN IN FOR OUR

# HEALTH CAFE

WITH

CENTER OF HOPE + TEXAS A&M AGRILIFE EXTENSION

**SEPT 5-  
NOV 21**



**10AM-  
11AM**

Gather with us at **Center of Hope** on Thursdays for **FREE classes** with **nutritional lessons** and **recipes** AND **prizes!**

## FRESH START (SEPTEMBER 5 - 26)

September 5 - Food Safety  
September 12 - Meal Planning  
September 19 - Saving Food Dollars  
September 26 - Healthy Snacking

## BE WELL, LIVE WELL (OCTOBER 3-31)

October 3 - Be Independent, Eat Well  
October 10 - Be Able, Read the Label  
October 17 - Be Safe, Eat Safe  
October 24 - Planning Creative Meals  
October 31 - Be Fit, Move More

## GOOD CARBS (NOVEMBER 7 - 21)

**3 sessions focusing on carbs and how they relate to healthy eating**

