



FRESH

CONVERSATIONS



Contact:

Name: Sarah McAlister

Email: smcalister@ksu.edu

Phone: (620) 221-5450

K-STATE
Research and Extension

This institution is an equal opportunity provider.



Discuss nutrition topics to support healthy aging.

Wednesdays

May 28

June 18

July 2

July 16

August 6

August 20

August 27

September 3

September 17

When?

12:15 - 12:45
(after lunch)

All classes are
free. Join any
time!

Where?

Wellington Senior
Center

308 S. Washington Ave
Wellington, KS 67152

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN, FELLOWSHIP & FOOD**

Monthly Nutrition Newsletters

Useful Kitchen Items

Healthy Recipe Samples