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!

WHERE
Sumner County Extension Office
Raymond Frye Complex Auditorium
320 N. Jefferson
Wellington, KS 67152

WHEN
Time: 2:00 - 3:00
Dates: January 9, 16, 23, 30
February 6, 13
*Join us for a lesson/discussion, recipe ideas and samples, and a small kitchen item each week.

CONTACT
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