

# Quick Meals for Busy Families

## Get Healthy for Life®!

DISCOVER WHAT HEALTHY FOOD  
CAN DO FOR YOU.

Join us in fun, hands-on group  
experiences that will teach you how to:

Co-Sponsored by Live Well Geary County and  
K-State Research & Extension



**5:30 - 7:00pm on  
Tuesdays: January 14, 28; February 11, 25**

Date/Time

**12th Street Community Center  
1002 W. 12th St., Junction City, KS**

**Register at: <http://bit.ly/33QONHD>**

**This FREE four session class will build your food  
purchasing and preparation skills. Families completing all  
4 classes will receive a Food Preparation "kit" including a  
new electric skillet and recipe packet.**

**For more information contact:**

Geary County K-State Research & Extension  
[ge@listserv.ksu.edu](mailto:ge@listserv.ksu.edu); <https://www.geary.k-state.edu/community/>  
785-238-4161



**Be well:**

learn your  
health numbers  
and goals

**Eat well:**

practice easy,  
budget-friendly  
healthy cooking

**Shop well:**

be a fearless,  
smart grocery  
shopper

