



JOIN US.  
LIFESTYLE NUTRITION AND FOODS CLASSES  
Shelia Letchworth, MU Extension FNEP.  
Eating Smart Being Active.

**Fun,**

**Snack Foods**

**and Knowledge**

**of foods and nutrition.**

*FREE KITCHEN WARES FOR A+ ATTENDANCE.*

April 25 2013

8:30am to 12:00

4TH FLOOR  
COURTHOUSE

- SIMS ROOM  
VERSAILLES, MISSOURI

SIGN IN: WEST CENTAL COMMUNITY ACTION AGENCY

573-378-4432