

Families Eating Smart + Saving Money



Designed to help participants eat smart and move more while providing the skills to eat more meals at home, eat healthy while eating out, and move more in their everyday routine.

This FREE program is held on the following Tuesday's from 4 - 5pm at the Fredonia First United Methodist Church located at 402 North 8th in Fredonia.

- November 7
- November 14
- November 21
- November 28

To register, contact Agent Katherine Pinto by calling the Pittsburg Office at 620-232-1930.



Kansas Children's Service League
Stronger families start here.

K-STATE
Research and Extension

Wildcat District

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting Katherine Pinto two weeks prior to the start of the event at (620) 232-1930 and kd Pinto@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.