



fresh CONVERSATIONS

ARMA CITY LIBRARY | 12:00-12:45PM

Join us monthly to learn how to make healthier food and beverage choices, set goals, engage in physical activity and try a tasty recipe!

- October 13th
- November 10th
- January 12th
- February 9th
- March 9th
- April 13th
- May 11th
- June 8th
- July 13th
- August 10th
- September 7th

FREE
REGISTRATION

Contact
Kylee Perry at
620-308-2974
to save your
seat!

K-STATE
Research and Extension



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