



# *fresh* CONVERSATIONS

**GIRARD SENIOR CENTER | 11:30-12:15PM**

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 14th
- November 18th
- January 13th
- February 10th
- March 10th
- April 14th
- May 12th
- June 9th
- July 14th
- August 11th
- September 8th

**K-STATE**  
Research and Extension



This institution is an equal opportunity provider.

**FREE**  
**REGISTRATION**

**Contact  
Katherine Pinto  
at  
620-232-1930  
to save your seat!**