

---

# COMING

---

## A FRESH START to a **Healthier You!**



### Join us and receive

- Support of friends
- Confidence to cook healthy meals for your children and family
- Practical cooking and shopping tips
- Handy kitchen tools
- Recipes for success in the kitchen

**To be held at the Pinnacle Senior Center  
5525#C Hobby Road, Houston, Texas 77053**

This program is presented by Texas A&M AgriLife Extension Service • Better Living for Texans

### For more information, contact:

**Deanne Garrett**

**Fort Bend County**

**Texas A&M AgriLife Extension Service**

**1402 Band Road, Suite 100, Rosenberg, TX 77471**

**281-342-3031 or [Deanne.Garrett@ag.tamu.edu](mailto:Deanne.Garrett@ag.tamu.edu)**

**[FortBend.AgriLife.org](http://FortBend.AgriLife.org)**

**TEXAS A&M  
AGRI LIFE  
EXTENSION**

USDA is an equal opportunity provider and employer.  
This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.  
Texas A&M AgriLife does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity and provides equal access in its programs, activities, education and employment.

