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**HEALTHY FOODS WITH**

**FLAVOR**

**FOR THE MONEY SAVER**

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**TUESDAY, SEPTEMBER 11, 2018 @ 5:30PM**

- **HANDS ON SESSIONS TO INSPIRE HEALTHY COOKING**
- **TASTE SAMPLES OF HEALTHY & FLAVORFUL FOODS**
- **LEARN TO COOK DELICIOUS LOW COST RECIPES FOR A FAMILY ON A BUDGET**
- **TIPS ON MEAL PLANNING AND FOOD SHOPPING TO SAVE TIME AND MONEY**
  - **LEARN WAYS TO PRACTICE & BE MORE ACTIVE**

**LIMITED SPACES AVAILABLE**

**SIGN UP AT THE MARTINSVILLE LIBRARY CIRCULATION DESK**