



The University of Georgia Cooperative Extension presents:

**Cooking for A Life Time School
Special Edition**

Date: January 31, 2012

Time: 10:00am – 2:00pm

Location: Henry County Extension

Cost: \$2.00

**Pre-registration a MUST by (Jan 25, 2012)
Call (770-288-8421)**

Space is limited!

Learn to prepare delicious meals and snacks to lower your risk of cancer and other diseases.

During the exciting lessons you will learn:

- what foods may lower cancer risk
- how to fix food with less fat and sodium and more fiber
- how to choose healthy foods from the grocery store

Session will teach you about new foods and new ways to prepare old favorites.
You will be inspired to get on the path to good health.

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