

Living Well

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

**First Thursday of each month at 11:00 a.m.
Hillsboro Christian Church
– Fellowship Hall
Call (606) 845-4641 to reserve your spot.**

Add Quality to Your Life!

Build a healthy lifestyle for yourself and greatly enhance your happiness.

Monthly Series – offering easy, responsible steps.

Now, you can start living a fuller, more rewarding life. Each Month - A new **HEALTHY** recipe will be shared for sampling. At each monthly class, you will be registered to win the Year-end Prize: A Kitchen Item. (Drawing at Oct. 4th class)

DATE	LESSON	RECIPE
Feb. 1	Taking Care of Your Heart	Skillet Enchiladas
Mar. 1	Educate Before You Medicate	Chowder Made Easy
Apr. 5	Let's Get Moving	Parmesan Chicken
May 3	Stroke Awareness	Turkey Meatball Wraps
Jun. 7	Oral Health and You	Broccoli Salad
Jul. 5	Stay Happy, Stay Healthy!	Fruit Treat
Aug. 2	The Importance of Balance	Farmers' Market Salsa
Sep. 6	Understanding Diabetes	Game Day Sloppy Joes
Oct. 4	Staying Safe in and Around Your Home	Autumn Sweet Potato Chili

Fleming County Cooperative Extension Service

Call (606) 845-4641 to register or visit us online for more information.



www.facebook.com/fcfc <http://fleming.ca.uky.edu/>

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Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.