



Classes begin on Wednesday, July 29th from 9:30AM – 11:00PM.

Calhoun County Committee On Aging.

**Please contact SNAP-Ed Coordinator, Lisa Ludwig with questions,
304.275.3131 or lisa.m.ludwig@wv.gov**

- Learn how to save money on food and how to make delicious, inexpensive, and quick meals for your family.
- Join us for our sessions “Eating Smart, Being Active”
- Cooking demonstration and tasting each class!
- Get prizes for participating in all 8 sessions
- These fun sessions are FREE!

This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAO). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local WV-DHHE office or call 1-800-642-8589. Mid-Ohio Valley Health Department is an equal opportunity employer. USDA is an equal opportunity employer.

