

# Healthier Choices



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A&M UNIVERSITY  
COLLEGE OF AGRICULTURE  
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Cooperative Extension Program

TEXAS A&M  
AGRI LIFE  
EXTENSION

*Learn to prepare easy, nutritious and economical meals for your family*

**Wednesday, October 1, 2014**  
**5:30-7:30 p.m.**

Tarrant County College District | Trinity River Campus | Trinity Building 4th Floor  
300 Trinity Campus Circle | Fort Worth, TX 76102

**COOKING DEMONSTRATIONS & WORKSHOPS**

CONTAINER GARDENING | ORGANIC VS TRADITIONAL | EASY WAYS TO SAVE WITH BEEF

**COST IS \$20**

Preregistration is required. No funds will be accepted at the door.

BOX DINNER | COOKBOOK | GIFT BAG | DOOR PRIZES

To register call 1-877-THR-WELL (877-847-9355) or visit [TexasHealth.org/Dinner-Tonight](http://TexasHealth.org/Dinner-Tonight)

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