

Cooking Well for Healthy Blood Pressure

*Hands on cooking school designed to help
those concerned with high blood pressure*

**Friday, September 22
Friday, September 29
& Friday, October 13**

10:00 a.m. - 12 p.m.

**Parker County Extension Office
604 North Main, Weatherford 76086**

Registration Fee: \$20 (cash/check only)

To Register:

Call Parker County Extension Office—817-598-6168

Class is limited to 16 participants

Reserve your spot now!

Three Lesson Series

***Fee includes all 3 classes,
materials, and recipe samples**

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating