

EATING FOR THE

H E A L T H

OF IT! *at Middlesboro Library*

Call 606-248-4812 to register

DATE&TIME

Oct. 14

1:00pm

RECIPE

**Easy
Italian
Ziti**

LESSON

**"Healthy
Affordable
Meals for
Every Body"**

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This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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