

NUTRITION N

banking

Learn how to budget the fat, sodium, and sugar in your diet. Meal provided. Join us for an interactive and fun time.

May 6, 11:30 AM

at Smith County Memorial Hospital

K-State Research and Extension's Family and Community Wellness Agent Jamie Rathbun and Smith County Memorial Hospital are collaborating to bring this workshop to our community.

RSVP to (785) 686-3180 or shannon.rogers@scmhks.org or use the QR code below.

Baked potato bar meal courtesy of Chef Steve Smith and the Hometown Café team.

Invest in your health.

K-STATE
Research and Extension

Post Rock
District



SCAN ME



**SMITH COUNTY
MEMORIAL HOSPITAL**

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Jamie Rathbun, four weeks prior to the start of the event, April 8, 2024 at 785-524-4432, jrathbun@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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