



Are you looking for ways to prepare easy, nutritious, and economical meals for your family? Join us for a Dinner Tonight Cooking class where you will learn all the ways of healthy meals.

TUESDAY, OCTOBER 17, 2017

6:00 P.M. – 8:00 P.M.

TEXAS A&M
AGRILIFE
EXTENSION

Venue sponsored by: Our Lady of the Lake University
Chapel Auditorium-411 S.W. 24th St.
San Antonio, TX 78207

OLLU
OUR LADY OF THE LAKE UNIVERSITY

**Come see cooking demonstrations, sample delicious recipes,
and leave with nutritional educational resources**

COST IS \$20.00

Register online at <http://agriliferegister.tamu.edu/dinnertonight> and select Dinner Tonight Healthy Cooking School for San Antonio, TX. We will have a variety of exhibitors with educational information on health, wellness & nutrition. Please call Angie Gutierrez or Frances Moreno-Elizondo (210) 631-0400 if you have any questions.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, national origin, genetic information, veteran status, sexual orientation, or gender identity.

Persons with disabilities requiring auxiliary aids or special accommodations should contact the Extension Office @ 210-631-0400 at least one week prior to the event.

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