



4 A HEALTHIER ME

Join us for a day of fun!

Bell County Extension Office

July 19th | 10AM to 3:30 PM



BREATHE INTO
Mindfulness



Presented by:
LaShang Roberts Blackmon

how to make
Ice Cream in a bag



Professionals from Central Texas Beauty College will be presenting with hair, facials, manicure, and pedicure tips!



Registration will begin at 9:30

* Bring your lunch

* Bring tennis shoes and a towel



MAKE FRUIT INFUSED



Please RSVP to CEO by July 14th:

\$5.00

OPEN TO ALL 4-H MEMBERS

**both boys & girls
are welcome to attend**

County Extension Office

1605 North Main

Belton, Tx. 76513

CALL: 254-933-5305