



CREATE BETTER HEALTH

Providing participants with the knowledge and cooking skills necessary to lead an active and healthy lifestyle on limited resources.

Proporcionar a los participantes los conocimientos y habilidades culinarias necesarios para llevar un estilo de vida activo y saludable con recursos limitados.

CLASSES IN ENGLISH

**Wednesdays, Starting
August 27 – October 1**

10:30 a.m. – 12 p.m.

Join us for one session or all of them!



Register / Regístrate

schd.online/Create-Better-Health

CLASES EN ESPAÑOL

**los Miércoles, del
27 de Agosto al 1 de Octubre**

12:30 p.m. – 2 p.m.

Únete a una sesión o a todas.

Everyone is welcome! No cost to attend. / ¡Todos son bienvenidos! No hay costo para asistir.

Sedgwick County Health Department | 1900 East 9th St. N., Wichita, KS 67214

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**SEDGWICK COUNTY
Health Department**

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