

WIC & SNAP PROGRAM PARTICIPANTS ENCOURAGED TO ATTEND!

EVERYONE IS WELCOME!

Classes in Spanish!

CREATE BETTER HEALTH

No-cost nutrition and healthy living workshop series for WIC and SNAP participants and the public!

Tuesdays
April 21 – May 26, 2026
4:30–5:30 p.m.

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

- Live cooking demonstrations
- Meal planning tips
- Grocery shopping on a budget
- Simple ways to add physical activity to your day
- Healthy living giveaways at each class



Scan the QR Code, visit schd.online/Create-Better-Health, or email MCH@sedgwick.gov for more info.

Space is limited!
REGISTER NOW!

English classes coming soon.

Join us for at least four classes to earn a certificate of completion that you can proudly add to your resume!

K-STATE
Research and Extension



SEDGWICK COUNTY
Health Department