

Eat Well–Live Well



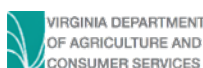
Thursday, February 15, 2024 · 10 am–noon
Estes Community Center, 316 North Main Street, Chase City, VA
FREE · Space is limited to 35 participants.

Jane Henderson, senior extension agent for family & consumer science in Amelia County, will provide research-based information on how incorporating fruits and vegetables into the diet leads to optimum health results. In this workshop you will enjoy food tastings and learn how to prepare delicious and healthy snacks and meals that will have you craving the good life!



Register at
ext.vsu.edu/calendar

For more information, contact Wanda Johnson
at 434-632-9701 or wjohnson@vsu.edu.



Visit ext.vsu.edu for information on this and other upcoming events.



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