



# Healthy Carbohydrates

Are you ready to embrace a healthier lifestyle? We've partnered with **Texas A&M AgriLife Extension** to teach you easy and nutritious ways to enhance your well-being. Discover how simple changes in your diet can improve energy, boost immunity and support overall health.

Each week you'll gain valuable insights on:



TEXAS A&M  
**AGRI LIFE**  
**EXTENSION**

**Wednesdays**  
**April 8, 15 & 22**  
**9:30am - 10:30am**

- Building a Healthy Plate
- Calancing Carbohydrates & Finding Sides
- The Sweetened Truth about Carbohydrates

**Register Online or In Person Today!**