



**COMAL COUNTY, TEXAS
PUBLIC INFORMATION OFFICE**

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Extension Office to conduct healthy eating workshops

FOR IMMEDIATE RELEASE, SEPTEMBER 15, 2015:

NEW BRAUNFELS — Comal County's Texas A&M AgriLife Extension Service will hold a monthly Lunch-n-Learn on healthy eating at the Garden Ridge Public Library beginning at noon Wednesday, Sept. 16.

The topic of this week's presentation is "What's Missing from Your Pantry?" followed on Oct. 14 by "Seniors and Depression," on Nov. 18 by "Stress and Holiday Traditions" and on Dec. 9 by "Gifts from the Kitchen."

The extension office also will host a monthly family mealtime Cook-n-Learn at the Westside Community Center in New Braunfels. The monthly sessions will be from 9-11 a.m. on Tuesday, Sept. 22, Oct. 27 and Nov. 17.

Extension agent Connie Sheppard will present both series.

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