



COMAL COUNTY

PUBLIC INFORMATION

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Extension Office plans healthy cooking, CPR events

FOR IMMEDIATE RELEASE, NOVEMBER 7, 2017:

NEW BRAUNFELS — Comal County residents seeking to learn how to cook easy, nutritious, cost-efficient family-style recipes can join the county office of the Texas A&M AgriLife Extension Service for Dinner Tonight.

The event will be 6-8 p.m. Monday, Nov. 13, at Westside Community Center, 2932 S. Interstate 35 in New Braunfels, and will feature food demonstrations and tastings. Those interested in attending should call Connie Sheppard, extension agent for family and community health, at 830-620-3440.

Later in the week, the county's Extension Office will provide a CPR and first aid class for those seeking certification. The class includes training on adults and children as well as training materials and a certification card for each participant.

The class will be 9 a.m. to 4 p.m. Friday, Nov. 17, at the Extension Office, 325 Resource Drive, New Braunfels. Cost per student is \$45, and class size is limited. Call 830-62-3440 to register. Registration deadline is Monday, Nov. 13.

“We’re happy to provide a wide variety of events that help the community stay safe and healthy,” Sheppard said. “We invite all Comal County residents to take advantage of the services and classes their AgriLife Extension Service offers.”

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