



# COMAL COUNTY

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## PUBLIC INFORMATION

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### **Extension, Westside team up for after school family nutrition classes**

**FOR IMMEDIATE RELEASE, SEPTEMBER 30, 2019:**

*NEW BRAUNFELS* — The Comal County Extension Office and the Westside Community Center in New Braunfels are teaming up for a weekly family nutrition and meal-planning class in October, designed with school-age families in mind.

The classes will be after school, 4:30-5:30 p.m. the first three Wednesdays of the month – Oct. 2, Oct. 9 and Oct. 16 – at the community center, 2932 S. IH-35, New Braunfels.

“Planning nutritious meals for your children can be difficult, especially during the hectic schedule of the school year,” said Connie Sheppard, agent for family and community health at the Comal County office of the Texas A&M AgriLife Extension Service. “These classes will give families the resources to plan healthy, cost-effective meals that both taste great and save time.”

Residents can register for free online at [nbtexas.org/library](http://nbtexas.org/library) or call the Westside Community Center at 830-221-4630 for more information.

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