



Healthy Carbohydrates

BETTER LIVING FOR TEXANS IS EXCITED TO OFFER A NEW CLASS SERIES FOCUSED ON HEALTHY CARBOHYDRATES.

This 4 session series discusses:

-how to find the right number of carbohydrates for your health goal

-how to incorporate carbohydrates into your meals

To learn more, contact your local agent!

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BETTER LIVING FOR TEXANS

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Mammen Family Public Library

131 Bulverde Crossing
Bulverde, TX 78163

Food Demos Every Week!

Join us from **1 to 2:30 pm** on the dates below.

January 17: Building a Healthy Plate

January 31: Balancing Carbohydrates

February 14: Finding the Sides: Fruit & Dairy

February 28: The Sweetened Truth about Carbohydrates