



Snap-Ed is Coming In October!

Supplemental Nutrition Assistance Program Education

The Center for Independent Living Options, Inc. (CILo) invites Kentucky SNAP recipients *and* people with limited resources to participate in this free nutrition program where you can learn basic skills necessary to make **Healthy Choices for Every Body**. Snap-Ed is an educational program of Kentucky Cooperative Extension led by instructor Angela Baldauff, Nutrition Education Program Assistant with the University of Kentucky.



Where: Life Learning Center located at 20 West 18th Street, Covington, KY 41011
(Building is accessible and located on bus line)

When: Classes are on Monday from 1:30PM to 3:00PM on the following dates:

October 1, October 15, October 22 & October 29; November 12, November 19 & November 26

To RSVP contact: Beth Crenshaw Independent Living/Peer Support Specialist
P: 513.241.2600 Ext 114 or E: bcrenshaw@cilo.net

Participants will receive **FREE** kitchen items to help with preparing healthy foods such as cutting boards, paring knives, measuring cups & spoons, and colanders PLUS samples of food with cooking demonstrations!