

APACHE PUBLIC LIBRARY PRESENTS

Staying Healthy, Wealthy & Wise

Date: Nov. 18, 2016

Time: 10am-11am

Special points of interest:

- Smart Food & Drink Options
 - Know What's For Dinner
- Getting The Best For Less
- Smart Breakfast Choices
 - New Healthy Recipes
- Easy Exercise Stretches

Free To The Public



RSVP To Make Sure You Don't Miss Out on This Informational Class!!

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