

News Release for Immediate Use or Next Issue
Sonia Cooper, Extension Agent: Nutrition, Food Safety and Health
River Valley Extension District
03/04/19

Choose Wisely: Your Health Depends On It

The good news is, healthy eating is not about strict rules and diets, but more about changing ways of thinking about food and learning to make informed choices that promote health and disease resistance. After all, healthcare decisions are not just made at the doctor's office or at the hospital. True healthcare decisions are made wherever food and physical activity choices are made.

River Valley Extension District Agent, Sonia Cooper will present Choose Wisely in the following locations:

- Tuesday, March 12th at 10:00 a.m. – Courthouse Meeting Room – Concordia (811 Washington Street)
- Tuesday, March 12th at 2:00 p.m. – Library – Belleville (1327 19th Street)
- Wednesday, March 13th at 10:00 a.m. – Extension Meeting Room – Washington (214 C Street)
- Wednesday, March 13th at 2:00 p.m. – Extension Meeting Room – Clay Center (322 Grant Avenue)

We look forward to seeing you at one of these locations. If you have any questions about Choose Wisely, please contact Sonia Cooper by emailing srcooper@ksu.edu or by calling 785-325-2121.