



FEAST: FAMILIES EATING AT SUPPER TOGETHER

3-WEEK WORKSHOP FOR FAMILIES TO MAKE SUPPER AFFORDABLE, NUTRITIOUS, AND UPBEAT

- HANDS-ON MEAL PREPARATION
- BENEFITS OF SHARED MEAL TIME
- NUTRITION TIPS, MEAL PLANNING, AND MORE

WHEN: MARCH 10TH, 17TH, AND 24TH | 5:30PM - 7:30PM

WHERE: BEDFORD COOPERATIVE EXTENSION OFFICE

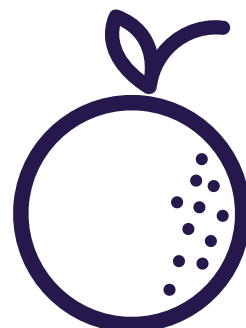
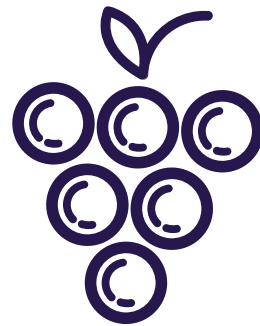
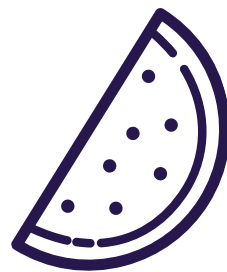
1257 COUNTY FARM ROAD, BEDFORD, VA 24523

COST: \$20 PER FAMILY (INCLUDES THREE FAMILY DINNERS)

MAKE CHECKS PAYABLE TO: TREASURER - VIRGINIA TECH

THERE WILL BE A \$50 SERVICE FEE FOR ALL RETURNED CHECKS. IT MAY TAKE AS MUCH AS 30 TO 60 DAYS TO PROCESS REFUNDS.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Bedford Extension Office at (540) 586-7675 [TDD: (800) 828-1120] during business hours of 8:30 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.



Participant Name(s): _____

of adult participants: _____ # of youth participants: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Email: _____

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