

# The Right Bite

**Is the Food Channel your favorite television viewing?**

**Do you want to update your cooking skills?**

**Do you have diabetes, heart disease, or high blood pressure and want to know how to eat right?**



Then come to the Right Bite Cooking School and learn how to plan and make a complete meal, snacks, and desserts!

<b>WHEN?</b>	<b>Tuesdays, February 6, 13, 20, &amp; 27</b>
<b>WHERE?</b>	<b>McAuley Center in Hot Springs Village</b>
<b>WHAT TIME?</b>	<b>1:30 PM (2 hours)</b>
<b>HOW MUCH?</b>	<b>\$5.00 per class (includes snacks or meal)</b>

**TO SIGN UP, call the Garland County Cooperative Extension Service at 501-623-6841 or 922-4703.**