



Classes are free!

Join us for these great classes!

Noon-1 p.m. Ransom County Courthouse:

Prediabetes – January 17

Sleep – February 5

Immune System – March 7

Brain – April 4

Eyes – May 2

Muscles – June 6

Heart – July 11

Finding the Truth – August 8

If you are interested in any of these topics contact Deb Lee at the Ransom County Extension office at 683-6128.

I am willing to do lessons on any of these topics.

As we age, we may not be as active as we used to be. Maybe we have put on a few extra pounds, or we've developed health issues such as high blood pressure or diabetes.

Classes include hands-on activities and time for discussion. Participants receive material such as handouts and **healthful recipes to take home.**