

Join Us Over the Noon Hour!

Nutrition Classes Offered at the Wellsville City Library!

Join us over the noon hour (12 PM to 1 PM) for a series of nutrition classes hosted at the Wellsville City Library!

Classes will be provided by the Frontier Extension District.

The dates and class topics are listed below:

***March 26, 2026 – Eating Whole Grains and Protein Foods and the Importance of Food Safety**


***April 2, 2026 – Meal Planning and Grocery Shopping**


***April 9, 2026 – Reading Nutrition Facts Labels**

***April 16, 2026 – Eating More Fruits and Vegetables**

Classes are free and each session will include a recipe demonstration and tasting!



 **Class Location:**
Wellsville City Library
115 W. 6th, Wellsville, KS

 **Pre-Registration is requested by contacting the Frontier District Ottawa Office at 785.229.3520.**

Space for classes may fill quickly!