



MAINTAIN NO GAIN

ENJOY YOUR HOLIDAYS THE HEALTHY WAY

KICK-OFF DATES

1. **FRIDAY, NOVEMBER 18, 2022**
10:30 A.M. – 1:30 P.M.
2. **MONDAY, NOVEMBER 21, 2022**
12:00 P.M. – 3:00 P.M.

**AT THE KICK-OFF, YOU WILL REGISTER AND PAY THE
\$20 FEE (CASH OR CHECK ONLY)**

**LUBBOCK COUNTY EXTENSION OFFICE MEETING ROOM
916 MAIN, SUITE 401 LUBBOCK, TX 79401**

CORY EDWARDS CEA-FCH, LUBBOCK COUNTY

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