

# Eat Smart when Eating Out

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# Be Physically Active Your Way

Do you visit fast food and other restaurants? Need help making healthy food choices? Are you physically active every day? Need to increase physical activity and reduce time spent being inactive?

Join the LSU AgCenter on **July 13** at the **West Feliciana Community Center in Independence** to get all these and more questions answered. The workshop will include hands-on activities and youth will prepare and sample a recipe. The program will begin at **9:30AM to 12 Noon**.

Youth ages **8 to 12 are welcome to attend**. There is a \$5 fee per participant to be paid by money order made payable to the **LSU AgCenter** by **Tuesday, July 6**. The first 15 participants to register and pay for the workshop will have the \$5 registration fee refunded to them at the end of the workshop. A minimum number of 10 participants is needed to guarantee the workshop will be conducted. There is a 30-youth maximum for this workshop.

For questions please contact Layne Langley at 225-635-3614 or [lalangley@agcenter.lsu.edu](mailto:lalangley@agcenter.lsu.edu). The workshop will be conducted by the LSU AgCenter- West Feliciana Office and sponsored by Sara Wilson-Rogers, West Feliciana Parish School Board Member.

Mailing Address: LSU AgCenter P.O. Box 1934 St. Francisville, LA 70775

Physical Address: LSU AgCenter 10032 West Feliciana Parkway St. Francisville, LA 70775

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**Yes, Count me in! Child's Name** \_\_\_\_\_ **Age** \_\_\_\_\_

**Parent/Guardian Name** \_\_\_\_\_

**Contact Number** \_\_\_\_\_ **Email Address** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**City, State, Zip** \_\_\_\_\_

**Does the child have any food allergies?** \_\_\_\_\_

**If yes, please list** \_\_\_\_\_

**In case of an emergency, please call** \_\_\_\_\_

Consistent with the Americans with Disabilities Act (ADA), the LSU AgCenter will make reasonable accommodations to enable persons with disabilities to engage in programs offered. Should you need an ADA accommodation, please contact Layne Langley at 225-635-3614 no later than 2 weeks before your accommodation is needed. The LSU AgCenter and LSU provide equal opportunities programs and employment.