

# Sofa Talk

Let's start the conversation about "YOUR" health

**July 22, 2017**

**11:00 am-2:00pm**

A personal connection

Taking inventory of women's health

Life changing experiences

History of food through tasty demonstrations



Please call to register:  
Bradford County Extension Office  
904-966-6224  
cost: \$10.00  
Registration Deadline July 20  
Hosted by



Family & Consumer Science  
Extension Agent

Preventive Health Specialist