



**EATING WELL  
NAVIGATING THE  
FOOD TRENDS  
IN 2016**

**THURSDAY**

**July 21<sup>st</sup>  
6:30 PM**

**Buda Library**

UNTANGLING THE INSPIRED  
CURRENT TRENDS IN EATING  
WITH  
WELLNESS COACH KIM FRY

Join us as we discuss what Healthy Eating really  
means for you and your Family