

# EATING FOR THE

# H E A L T H

**OF IT!** *at Middlesboro Library*

*Call 606-248-4812 to register*

DATE&TIME

**Aug. 19  
1:00pm**

LESSON

**"Cooking is  
Healthy for  
Every Body"**

RECIPE

**Broccoli  
Cheddar  
Biscuits**

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