Websites:

<https://www.k-state.edu/ks-snaped/>

<http://www.dcf.ks.gov/services/ees/pages/food/foodassistance.aspx>

Upcoming programs:

10am Nov. 16, Wamego UMC *Create Better Health series* (RSVP appreciated but not required, call Wamego UMC 785-456-7495)

11:30am Nov. 24, Onaga Senior Center *Fresh Conversations series*

10am Dec. 14, Wamego UMC *Create Better Health series*(RSVP appreciated but not required, call Wamego UMC 785-456-7495)