



BODY BALANCE:

Protect Your Body from Pollution with a Healthy Lifestyle

Come to the Body Balance series to learn more about lifestyle changes that can help to reduce your exposure to pollution and other contaminants in your environment. Leave with information, recipes, and actionable steps you can take to protect your health.

Where: Washington County Extension Office
211 Progress Ave. / Springfield, KY 40069

When: all classes start at 6pm

Cost: Free

Classes will be presented by Cabrina Buckman, Family & Consumer Sciences Agent. Please call the Extension Office at (859) 336-7741 or email cabrina.buckman@uky.edu to register.

Dates & Topics

May 26 – Fun with Phytonutrients

June 9 – Healthy Ways to Flavor Your Food

June 23 –
Fundamentals of Fermented Foods

June 30 – Picking Out Produce: All about Organic & Conventional Foods

July 7 - Getting to Know GMOs

July 14 – Cut Down on Environmental Pollutants in Your Food

August 4 – Prevalent Preservatives & Safe Storage

August 11 – Deciding on a Healthy Drink

August 25 – Nutritious Nuts & Seeds



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