



City of Bastrop

RECREATION

EAT WELL

With Libby Pulley

FREE Class held on the LAST THURSDAY of each month

We are what we eat. Eat Well is a class for those who want to make the best choices about what to put in their bodies. Each class will have a main topic of discussion, a spotlight on in-season foods, where to find them, and how to prepare them.

In this class we will:

- Explore food choices – What's in season? What's available from local farms & markets?
- Increase awareness of the link between what we put into our bodies and how we feel physically & mentally.
- Explore popular diets & develop diets designed for our unique bodies, lifestyle, & preferences.
- Share information, engage in conversation, and celebrate the art & science of eating well.