

**LIVING WELL TOGETHER PROGRAM SERIES**

# Family Meal Times

*FAMILY MEALS CAN BRING A VARIETY OF FEELINGS AND MEANING TO EVERYONE; BUT THEY ARE ESSENTIAL TO FAMILY LIFE. LEARN MORE ABOUT OPPORTUNITIES FOR FAMILY MEMBERS TO COME TOGETHER, STRENGTHEN TIES AND BUILD BETTER RELATIONSHIPS.*

**PRESENTERS:**

**DR. SANDY PROCTOR**  
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**CRYSTAL FUTRELL**  
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**DATE:**

**March 18**

**TIME:**

**6:45pm  
(ct)**

**LOCATION:**

**Zoom**



**Register at:**

**[HTTPS://BIT.LY/LIVINGWELLTOGETHER-MAR](https://bit.ly/livingwelltogether-mar)**

**K-STATE** | Family & Consumer  
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