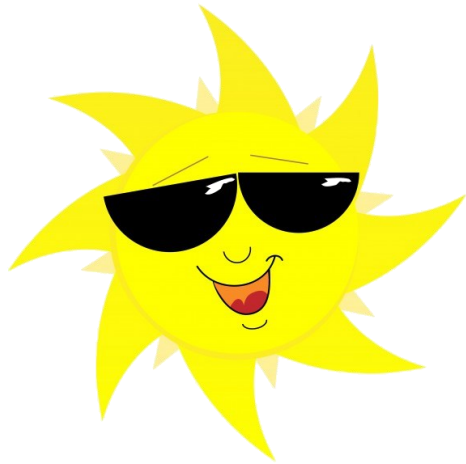


You are invited to attend a Program about a Hot Nutrient...

The Sunshine Vitamin



Sept 21, 2017

1:30–2:30

Quay County Extension Office
216 E Center Street in Tucumcari

This Nutrient:

- Helps prevent Osteoporosis and Keeps Bones Strong
- Helps prevent Cancer
- Helps reduce High Blood Pressure
- Reduces Risk of Diabetes

Learn how much you need
and the best sources of

Vitamin



All About Discovery!™
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Quay County Extension Office

The Quay County Extension Service is an Equal Opportunity/Affirmative Action Employer and Educator. If you are in need of an auxiliary aid to participate in this program call 461-0562 by September 19.

