

PRACTICAL TIPS FOR LIVING WITH ALPHA-GAL SYNDROME

If you or someone you know suffers from Alpha-Gal Syndrome, you won't want to miss this special presentation being given by Southwind Extension District Nutrition, Food Safety and Health Agent Sandy Haggard, where you'll learn:

- how AGS affects the body
- nutrition strategies for a better quality of life
- foods to avoid
- protein alternatives
- practical tips for balanced, nutrient-rich meals

**In partnership with the Iola Public Library,
this program will be held on**

Tuesday, July 14

Southwind Extension Iola office

1006 N. State

6:00 p.m.



**IOLA PUBLIC
LIBRARY**

**KANSAS STATE
UNIVERSITY**

Extension
Southwind District