



## PUBLIC INFORMATION OFFICE

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March 29, 2011

Sally Ellertson  
Public Information Officer  
141 West Renfro  
Burleson, Texas 76028-4261  
817-426-9622  
F: 817-426-9390  
[sellertson@burlesontx.com](mailto:sellertson@burlesontx.com)  
[www.burlesontx.com](http://www.burlesontx.com)

The Burleson Recreation Center (the BRiCk) is hosting a free one-hour course on preparing healthy snacks that your children will love.

The course is slated for 2 p.m. on Saturday, April 2, at 550 N.W. Summercrest Blvd. Texas Health Harris Methodist Outpatient Center in Burleson and H-E-B Grocery are teaming up with the City of Burleson to teach how to cook healthy by using nutritious food such as fruits, vegetables, whole grains and low-fat dairy. The class is one part lecture and one part cooking.

The featured speaker is registered dietitian Amy Goodson. Seating is limited, so call THR at 1-877-THR-Well (1-877-847-9355). For general information, call the BRiCk at 817-426-9104.