

# BASTROP COUNTY EMERGENCY FOOD PANTRY AND SUPPORT CENTER

Good Food – Good Nutrition  
Taking Charge of Your Health  
and Wellness



**AUGUST 16, 2018**  
**THURSDAY - 9:00 TO 11:00 A.M.**  
**SENIOR HEALTH &  
WELLNESS FAIR**

**Brown Bag Distribution begins at 10:00a.m.**

## Location

**Bastrop First Church Fellowship Hall Center  
609 Pecan Street- corner of Pecan and Austin  
Streets**

Special Thanks to our host Pastor Phil Woods



**Live cooking  
demonstration and  
nutrition  
education - Eating  
Smart and Being  
Active**

**SNAP (Food Stamp)  
information and  
assistance**

**Support for this  
event provided by  
CVS Pharmacy  
and HEB Plus!**

**Enter to Win the  
Grand Prize**

**BASTROP COUNTY  
EMERGENCY FOOD  
PANTRY & SUPPORT  
CENTER**

Celebrating 31 Years Of  
Service In  
Bastrop, Texas  
(512) 303-0033

Tresha Silva  
Executive Director