



A  
Better  
US.

Extending Knowledge.  
Changing Lives.

Good health and proper nutrition is vital in creating resilient youth and families. That's why we're providing the knowledge to help you become the best version of yourself. Because becoming a better *you* leads to a better *us*.



WEST VIRGINIA STATE  
UNIVERSITY

Extension Service

[wvstateu.edu/extension](http://wvstateu.edu/extension)

