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Liberal Prepares for Meltdown

Liberal residents are preparing for a meltdown. The Community Meltdown kicks off Monday. Seward County Research and Extension Family and Consumer Sciences director Kathy Bloom says find a group of four and get ready to enjoy a healthy lifestyle. "It's a great way to make everybody's resolutions happen," Bloom said. "Many have that resolution to lose weight and be more healthy." The objective is to form a team of four people. You weigh in Monday at 6 PM at the Seward County Activity Center. Through the eight week period, there will be sessions Mondays from 6-7 PM. Typical teams include family members, co-workers, or friends. Registration forms are available at www.seward.ksu.edu. Click on Health and Nutrition then on Registration 2010 on the right or come by the Seward County Research and Extension office at 1081 Stadium Road or call 624-5604 for more information.

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