

## how you can help

**Donate:** Donations can be put in the dropbox on-site or given through our website.

**Volunteer:** Volunteer at our facility, fundraisers and the Low-Carb Extravaganza event.

**Spread the word:** Tell others about Livable Low-Carb and the low-carb lifestyle!



## livablelow-carb

1679 N Main  
Oklahoma City, Okla.

405-777-7657

LivableLowCarb.com

## Low-Carb Extravaganza

Oct. 19, 2013

For questions or information,  
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## mission

- Livable Low-Carb's mission is to make living an active, low-carb lifestyle easier by providing information and assistance.
- Livable Low-Carb aims to combat obesity and health issues of adults and children in Oklahoma with a low-carb diet and active lifestyle.



## Low-Carb Extravaganza

The Low-Carb Extravaganza is an annual event that aims to create awareness about the organization, bring people living the low-carb lifestyle together and introduce those who may be interested.

Activities will include food, free cooking and fitness demonstrations, seminars from health professionals and live music.



**LIVE MUSIC!**



## fundraising

Spring 5K: Participants run a 5K through Oklahoma City.

Summer food sale: Low-carb food sale in downtown Oklahoma City.

Visit  
[livablelowcarb.com/fundraising](http://livablelowcarb.com/fundraising)  
for more information!

