### 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!



## livable low-carb

1679 N Main Oklahoma City, Okla.

405-777-7657

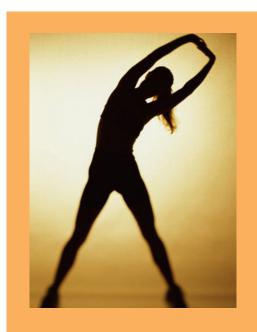
LivableLowCarb.com

Low-Carb Extravaganza

Oct. 19, 2013

For questions or information, contact:

Sarah Connor Sarah.Connor@livablelowcarb.com 405-777-8496



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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 for more information!

