

# GREEN LAKE COUNTY FAIR



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## 2018 NEWS RELEASE

*...the best little fair around!*

## THE POWER OF PROTEIN



Fairgoers can join Sarah Agena MS, RD, Director of Nutrition with the Wisconsin Beef Council for this educational presentation. Sarah will discuss how physical activity coupled with the high-quality protein in lean beef can help you maintain a healthy weight, sustain weight loss and keep a favorable body composition over time. Learn about the benefits of lean beef and how to prepare a quick delicious power-packed meal. This program will be held in the AgEducation

Station near the Food Court.

The Green Lake County Fair (Whole Lotta Happy) is scheduled for August 2-5. For more information regarding this event or for a complete Schedule of Events, please contact the UW-Extension/Fair Office at 294-4033 or visit our website at [greenlake.uwex.edu](http://greenlake.uwex.edu).

- *The mission of the Green Lake County Fair is to provide positive youth development and leadership skills, along with promoting family and community involvement through education and tradition.* ●