

Making Healthy Eating Part of your Lifestyle

FREE ONLINE NUTRITION WORKSHOP

Learn to read and understand a nutrition facts label, how to shift your choices, and easy ways to incorporate physical activity into your lifestyle!

**WEDNESDAY, FEBRUARY 21ST, 2024
NOON-1PM**

For questions or to register, contact:

Amy Heale Nutrition Educator

607-664-2570/ach279@cornell.edu

If special accommodations are needed please contact in advance!



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider.

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