

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](mailto:ach279@cornell.edu)**

If special accommodations are needed please contact in advance!



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