



Southern Finger  
Lakes Region

# Hearth Health Month

Celebrate Heart Health Month  
with SNAP Ed NY Nutrition  
Educators to learn ways to have a  
healthy and thriving heart! Learn  
how to make a heart healthy  
recipe! Free class.

Where: Zoom  
When: Friday, February 9th, 2024  
Time: 12:00 PM-1:00PM

Contact Amy at (607)664-2570 or email  
[ach279@cornell.edu](mailto:ach279@cornell.edu) to register!

Contact in advance if  
modifications are needed.

