
MINDFUL EATING

Where: Zoom

When: Friday, February 2nd, 2024

Time: 11:00am-12:00pm

JOIN SNAP- ED NEW YORK NUTRITION EDUCATORS TO
LEARN HOW TO DEVELOP MINDFUL EATING HABITS AND
WAYS TO INCORPORATE MORE FRUITS AND VEGETABLES
INTO YOUR MEALS

TO REGISTER, CONTACT AMY AT (607) 664-2570
OR EMAIL [ach279@CORNELL.EDU](mailto:ach279@cornell.edu)

If special accommodations are needed please contact in advance!



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