



**Cornell Cooperative Extension of Westchester County
is offering **FREE NUTRITION CLASSES** to assist
parents, grandparents, and guardians of resource-limited families who
have children 19 years or younger living at home
make healthier food choices and improve their overall health.**

You Will Learn...

**To prevent diabetes, heart
diseases, obesity & other chronic
illnesses**

**To prepare quick & delicious
meals**

**To understand food
labels/sugar/fat**

To shop smarter for less money

Food safety in the home

To enjoy physical activity

Adults & parents meet weekly for 8 weeks. Those who attend 6 sessions will receive a certificate!

Dates: Mondays, April 7, 14, 21, 28 & May 5, 12 and 19 & June 2.

Time: 11:00 am - Noon

Location: Hudson Park Children's Greenhouse; 44 Wildcliff Road, New Rochelle, NY 10805

**To Register, call and leave your name and number:
Hudson Park Children's Greenhouse at (914) 847-9471
or email info@hpcgreenhouse.org
LIVE A **HEALTHIER LIFE!** ❤**



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