



**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](mailto:info@hpcgreenhouse.org)**

**LIVE A HEALTHIER LIFE! ♥**



Cornell Cooperative Extension | Westchester County

*Hudson Park Chi*  
**GREENHOUSE**  
 — NEW ROCHELLE, NEW YORK