

Healthy Grab and Go Breakfast



Thursday, August 23, 2018
9:00 AM – 2:00 PM

Cornell Cooperative Extension Orange County
18 Seward Ave., 3rd Floor, Middletown, NY 10940-1919

Just in time for back to school! See how easy breakfast on the run can be.

Are you literally running out the door in the morning? Do you skip breakfast even though you know it is the most important meal of the day? Do you struggle to find quick and healthy options? Eating healthy on the go does not have to be difficult. Come learn how to start your day off right while on the run.

Cost: \$20 per person. Space is limited, so please register early.

Deadline for registration: August 16, 2018.

Register online, call Christina at 845-344-1234, or email cmo37@cornell.edu for more information.

Sorry, no refunds, if you can't attend please send someone in your place.

Must be 18 years of age & sign a risk waiver.

Please arrive 15 minutes prior to start time.



Healthy Grab and Go Breakfast – Register online: cceorangecounty.org

Name _____

Mailing Address _____ County _____

City _____ State _____ Zip _____

Daytime Phone Number _____ Email _____

**To Pay by Credit Card, Register Online
or Call 845-344-1234
MasterCard, Discover and Visa accepted**

Make checks payable to: Cornell Coop. Extension OC

Please indicate number attending:

_____ People at \$20 each = \$ _____

YES / NO (Please circle one) Cornell Cooperative Extension is granted permission to use and/or publish my photograph or image (including audio, film, digital image or any other media) for educational programs, websites or promotion of Extension programs.

Return form and fee to: Cornell Cooperative Extension Orange County, 18 Seward Ave., Ste. 300, Middletown, NY 10940-1919, Attn: Healthy Grab and Go Breakfast 2018

Cornell Cooperative Extension
Orange County

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Middletown, NY 10940-1919
845-344-1234
cceorangecounty.org

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