



Virtual Classes for Seniors

**For Seniors 60 and over @
11:30am**

November 18th- Reach Your Goals Step by Step

The key to reaching our goals is to make small, manageable changes that add up to a BIG difference! This workshop will look at how we can set realistic goals around the two behaviors that health experts agree may make the biggest positive change in your health. Eligible participants will get a free item delivered to them to help achieve those goals!

Register Here: https://cornell.zoom.us/meeting/register/tJUvduChrzkuHteGe6laoQCC1NC_WU0ALieF

November 25th- Challenges and Solutions

Everyone faces challenges as we work towards goals; in this workshop you will learn and practice solutions to help keep you on track to achieving your goals!

Register Here: https://cornell.zoom.us/meeting/register/tJUvduChrzkuHteGe6laoQCC1NC_WU0ALieF

December 2nd- Colorful and Classic Favorites

How can fruits and vegetables make your favorite dishes more colorful and tasty? Join us and find out how your favorite foods can help you reach your goals and add flavor to your day!

Register Here: https://cornell.zoom.us/meeting/register/tJUvduChrzkuHteGe6laoQCC1NC_WU0ALieF

December 9th- Eat Smart Spend Less

One of challenges to achieving our goals around healthy eating is the cost but it doesn't have to be. You can eat smart while spending less and in this workshop you will learn how!

Register Here: https://cornell.zoom.us/meeting/register/tJUvduChrzkuHteGe6laoQCC1NC_WU0ALieF

Participants may receive a free item to help reach their goals upon completion of the series.



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