

Southern Finger Lakes Region



Presents:

Fuel Your Family Fun!



Join SNAP-Ed Nutrition Educators, Kelsey and Caitlin, for week 4 of our Fuel Your Family Fun series! Each week through June 4th, we'll be offering free virtual nutrition workshops geared towards parents and caregivers to help bring your family together over healthy foods and fun activities!

Family Time - Active and Fun

Dates and Times:

Tuesday, June 1st 3:30-4:30pm

Thursday, June 3rd 11-12pm

Friday, June 4th 9:30-10:30am

Where: Zoom

Contact Kelsey at

kem337@cornell.edu

to register!

Learn about:

- «Finding an exercise routine that fits with your lifestyle.
- «Working enough exercise into your busy week.
- «Creative ways to get kids active throughout the day.

For questions or modifications, please contact in advance.

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