

Presents

MyPlate for My Family

(A SERIES OF FREE EDUCATIONAL CLASSES)

At the Dormann Library

Join us to learn about tips and tools for making better food choices and being more physically active.

Workshops promote eating foods from all five food groups every day, eating less solid fats/added sugars/sodium every day, and being physically active.

Workshops @ 3:15pm on:

10/6, 10/20, 11/3,

11/17, 12/1, 12/15

No registration required

Dormann Library
101 W Morris St
Bath, NY 14810

If modifications are needed, please contact in advance

bas375@cornell.edu (607) 664-2570