



**Cornell Cooperative Extension of Westchester County**  
is offering **FREE NUTRITION** classes to assist  
Parents, Grandparents, or Guardians of low-income families  
make healthier food choices and improve their overall health,  
who have children 19 years or younger living at home.  
You will receive teaching tools.

**YOU WILL LEARN.....**

**Prevent Diabetes, Heart Diseases, Obesity & Other Chronic Illnesses**

**Prepare Quick and Delicious Meals**

**Understand Food Labels/Sugar/Fat**

**Shop Smarter for Less Money**

**Food Safety in the Home**

**Enjoy Physical Activity**

**Adults and Parents meet weekly for 8 weeks for 1 hour. Those who  
attend 6 sessions or more will receive a certificate!**

**For more information, contact: [Lucy Diaz at ld294@cornell.edu](mailto:ld294@cornell.edu)  
or [Dulce Alvarado at dja228@cornell.edu](mailto:dja228@cornell.edu)**

**LIVE A HEALTHIER LIFE! ♥**



**Cornell Cooperative Extension | Westchester County**

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact CCE of Westchester if you have any special needs.