

Cornell Cooperative Extension | Sullivan County
presents

Eat Healthy, Be Active

A series of workshops on creating a healthy lifestyle

**Thursdays, July 18th-August 22nd
1:30-2:30pm**

St. John's Episcopal Church, Monticello, NY

Qualifying individuals may earn up to \$120 in FreshRx credit to spend on fruits & vegetables at the Sullivan Fresh Mobile Market and other participating Farmers Markets.

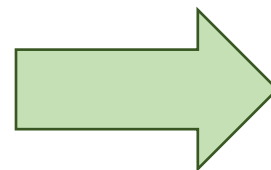
To enroll, contact Joy at 845-292-6180 ext. 101 or
freshrx@cornell.edu



Visit participating markets to redeem credit for fresh produce!

Learn more, check out our online class option, or reserve your spot today!

<https://sullivanccce.org/food-nutrition/rx-program>



FreshRx is a Produce Prescription Program funded by the Gus Schumacher Nutrition Incentive Program and provided by Garnet Health in partnership with Cornell Cooperative Extension.

Cornell Cooperative Extension Sullivan County provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension Sullivan County office if you require an accommodation.