



Back to Basics

Looking to get you and your family back on track this fall? Join us weekly for six weeks of **virtual**, nutrition focused, workshops. Each week you'll learn something new, from budgeting to physical activity. Best of all, we will teach you simple easy ways to get back to basics with your health and nutrition, all for **free!**

Join us Wednesdays from

5:00pm—6:00pm

Week 1– Oct. 7th, 2020

Week 2– Oct. 14th, 2020

Week 3– Oct. 21st, 2020

Week 4– Oct. 28th, 2020

Week 5– Nov. 4th, 2020

Week 6 – Nov. 11th, 2020

Registration Required

Click here

to register.

See you there!



Cornell
Cooperative
Extension

Cornell Cooperative Extension provides equal program and employment opportunity. Accommodations for persons with special needs may be requested, contact: (**Christina**) at (cne28@cornell.edu) by (10/02/2020).

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.

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