

FREE Program

Start the New Year healthy!

WHEN: Wednesday, January 21st
2:00-3:30pm

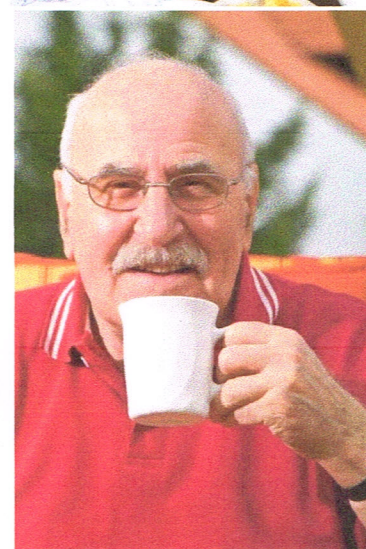
WHERE: The Howland Public Library
313 Main Street, Beacon NY 12508

WHAT:

A Nutrition Educator will be present to help you learn to:

- ☐ Save money on groceries
- ☐ Plan meals and snacks ahead of time
- ☐ Eat and cook healthier meals for you or your family
- ☐ Use the MyPlate Guidelines
- ☐ Increase physical activity
- ☐ And much, much more!

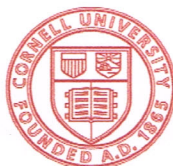
For more information please call us directly at
(845) 677-8223 ext. 128. We look forward to
seeing you!



Eat Smart New York!



Eat Better For Less!



Cornell University
Cooperative Extension
Dutchess County

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