

Cornell Cooperative Extension
Broome County

HEALTHY FOR LIFE

Friday mornings 9:30-11am

Broome County Public Library Decker Room
185 Court Street Binghamton

FREE classes geared to improve and
maintain good health!
Contact 607-772-8953 or
BroomeNutrition@cornell.edu
to learn more or register.

**9/15: VARIETY & PORTIONS-
TWO KEYS TO HEALTHY EATING**

9/22: BOLD (NOT BORING) BREAKFASTS

9/29: RETHINK YOUR DRINK

10/6: IS "CONVENIENCE" KILLING YOU?

10/13: IT'S IN YOUR HANDS WHEN YOU PLAN

10/20: THE POWER OF PLANT-BASED EATING

10/27: THE ROLE OF FOOD & YOUR HEALTH
A LOOK AT CHOLESTEROL, BLOOD SUGAR,
AND BLOOD PRESSURE

PREPARE A RECIPE TOGETHER
AT EACH CLASS !!

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. This program is funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). Please contact the CCE Broome County office if you have any special needs.

