

JOIN CORNELL COOPERATIVE
EXTENSION FOR:

CHOOSE HEALTH:
FOOD, FUN, AND
FITNESS

Learn about nutrition
in a fun and hands on
way! We'll be talking
about swapping out
sugary drinks,
choosing whole grains,
eating the rainbow,
how to read nutrition
labels, and more!

MOUNTAIN VIEW
CAMPUS

Thursdays: 9/29, 10/6, 10/13 &
10/20 from 3:00-4:00

Sign up with Marcail Miller to join us on Thursdays!