



## **Eat Healthy, Be Active**

### **Nutrition Workshop Series**

Join us for a 6-week series that will feature workshops delivered by a dietitian and SNAP-Ed nutritionist.

**\*Questions: Please email [tas282@cornell.edu](mailto:tas282@cornell.edu)\***



**Cornell Cooperative Extension**  
**Niagara County**

**Dates: Every Tuesday evening from January 26th to March 2nd**

**Time: 7:00-8:00 PM**

**Cost: FREE**

**Where: Online/Zoom**

**\*Log-in using this link\*:**

**<https://cornell.zoom.us/j/92640379935?pwd=Vm9ia0p4dTRHQVJXOGk4WWphZklidz09>**

**Password: apple**

***Help start your New Year right by joining our free healthy lifestyle workshops!***



## ***Topics include:***

Week 1: **How to Enjoy Healthy Food that Tastes Great**—Learn how small changes can make a big impact on your health.

Week 2: **How to Make Quick Healthy Meals and Snacks**—Learn how to make healthy meals that are both easy and delicious.

Week 3: **How to Eat Healthy on a Budget**—Learn how to plan and prepare healthy meals without spending a lot of money!

Week 4: **Tips for Maintaining a Healthy Weight**—Learn what a healthy weight looks like for you and how to maintain it.

Week 5: **How to Make Healthy Eating Part of your Lifestyle**—learn about the main ideas of a healthy lifestyle and how to read a nutrition facts label to choose healthier food and beverages.

Week: 6: **Why Physical Activity is Key to Wellbeing**—learn about the importance of physical activity and the major benefits it can have on your health!



Cornell Cooperative Extension provides equal program and employment opportunity. Accommodations for persons with special needs may be requested, contact: Trish, [tas282@cornell.edu](mailto:tas282@cornell.edu) by 1/20/2020.

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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