

WELLNESS ON A BUDGET

FREE NUTRITION CLASSES

Date: Wednesdays starting
January 27-March 3

Time: 5-6PM

Where: <http://bit.ly/SNAPClass>

What: All welcome. Family-friendly classes.
Sign on at the link. All you need is a device to
log on.

Want more details?

Email: SNAPedWNY@gmail.com



Cornell Cooperative Extension provides equal program and employment opportunity. Accommodations for persons with special needs may be requested, contact: SNAPedWNY@gmail.com by (1/20/2021).

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. This institution is an equal opportunity provider and employer.

