



FREE Nutrition & Parenting Skills Workshop Series

Dates: _____ (8 weeks)

Time: _____

Location: _____



Cornell University
Cooperative Extension
New York City

Join Us!

- *Reduce the stress of feeding your family!*
- *Help your children and your family make better food choices!*
- *Prepare and taste delicious, nutritious foods!*
- *Share experiences and support each other!*



Parents who complete the workshops will receive a Certificate from Cornell University Cooperative Extension - NYC