



# HEALTHY HABITS

*with Mary Ryder*



**TUESDAY, FEBRUARY 25, 2025**

**TUESDAY, MARCH 18, 2025**

**TUESDAY, APRIL 22, 2025**

**TUESDAY, MAY 20, 2025**

**10:30 AM IN THE DUNKIRK PUBLIC  
LIBRARY READING ROOM.**

**SPONSORED BY THE CORNELL  
COOPERATIVE EXTENSION**