



HEALTHY HABITS

with Mary Ryder

TUESDAY, MARCH 19, 2024

- PROCESSED FOOD & MARKETING AWARENESS.

TUESDAY, APRIL 30, 2024

- MEAL PLANNING, SHOPPING, & PREPARATION SKILLS.

TUESDAY, MAY 21, 2024

- THE FUNDAMENTALS OF A WHOLESOME DIET.

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



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