



Free Nutrition Workshops for Adults

Taste healthy snacks and simple recipes &

Learn how to:

Prepare delicious and nutritious recipes for family

Read food labels

Plan meals and menus

Every Wednesday 10AM-12PM

Starting on January 22nd 2020

Those who attend 6 or more sessions will receive a certificate from
Cornell University Cooperative Extension

Location: 376 Throop Ave., Brooklyn, NY, 11233

(between Kosciuszko Street & Lafayette Avenue)

SPACE IS LIMITED-

All must RSVP to Lisa Everett at

leverett@nebhdco.org or call 718-453-9490, Ext. 302

