



Supporting Healthy Families Program

Who: Parents/Caregivers with children.

What: Learn tried and true basic parenting skills with bonus eating and healthy lifestyle tips and recipes for even the pickiest eaters!

Where: Via Zoom (must have an email address to connect)

When: Mondays, July 11, 18, 25 & August 1, 8 from 6:00 pm - 7:30 pm

Register: Roxanne Westcott 518-668-4881 or email to rmw38@cornell.edu

No cost to attend.



Do you want to strengthen your relationship with your child?

Would you like to learn how to eat healthier as a family?

Improve family communication!

Share ideas!

Join this program in the comfort of your own home!

A COLLABORATION OF
CORNELL COOPERATIVE
EXTENSION
OF ESSEX, WASHINGTON &
WARREN COUNTIES

