

You are personally invited to

Food, Family, and Fun!

A space where you can discuss forming healthy habits and meeting your goals for your family in a judgement free zone! Classes can be held virtually or in-person, as an individual or as a group. We focus on making small changes at your pace!

- Virtual and In-Person options!
- No cost!
- Call, email, or follow the QR code for more information and to discuss what options best meet your needs!

For more information or to register contact:

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Cornell Cooperative Extension
Oswego County



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