

NUTRITION EDUCATION with Nicole Gehman, MS, RD, CD-N

Sponsored by Greene County Department of Human Services

THURS. SEPT. 28

ACRA SENIOR NUTRITION SITE

622-9898

THURS. OCT. 12

COXSACKIE SR. NUTRITION SITE

731-8901

THURS. OCT. 19

JEWETT SENIOR NUTRITION SITE

263-4392

THURS. OCT. 26

CATSKILL SENIOR NUTRITION SITE

943-1343

WED. NOV. 8

RIVERTOWN SENIOR CENTER, ATHENS

945-2700

All sessions at 12:00 p.m.

Come learn about healthy nutrition habits.

Feel free to ask questions. Recipe and tasting to follow.

If you would like lunch that day at the site, please call at least a day in advance to reserve.

