



EAT HEALTHY AND LIVE WELL.

Learn skills for building a healthy family on any budget.

Health and Nutrition Workshops

FREE eight-week course presented by Legal Information for Families Today (LIFT) and Cornell University Cooperative Extension.

Topics Include:

- The ABC's of nutrition, food safety, and getting & staying fit
- Menu planning and food shopping on a budget
- Resources for taking care of your family's health

Plus, You Get To:

- Prepare nutritious and delicious recipes
- Taste new foods
- Receive a Certificate from Cornell University Cooperative Extension that can be used when seeking employment

When: Wednesdays from 11:00am-1:00pm. Next cycle starts on April 18.*

Where: Legal Information for Families Today (LIFT)
350 Broadway, Room 501, Manhattan

To Sign Up or Learn More:

Contact **646-613-9633 ext. 226** or **workshop@LIFTonline.org**

* All LIFT workshops run in cycles. Call or email to learn more and sign up for future workshop cycles.

Food and MetroCards will be provided.

Learn more about LIFT at: **www.LIFTonline.org**

