



Cornell University  
Cooperative Extension  
Otsego County

## NEWS RELEASE

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For Immediate Release  
March 24, 2009

### **FREE NUTRITION AND HEALTH WORKSHOPS FOR ADULTS AND THEIR CHILDREN!**

Join the Nutrition Educators of Cornell Cooperative Extension in Otsego County for the Eat Smart New York! Program and discover new ideas on feeding yourself and your family, budgeting, and quick, easy, inexpensive meals.

Each week features new topics, cooking demonstrations, activities for adults and children, and much more! Each class will be one hour.

Certificates and gifts will be given to those who attend the series of six workshops.

Call now to reserve your spot!

Contact: Christina Lathan  
Cornell Cooperative Extension of Otsego County  
607-547-2536 Ext. 234

Please leave a message.

Class Location: The Rowe House, 31 Maple Street, Oneonta NY

Time: Wednesdays at 12:30, starting March 25th