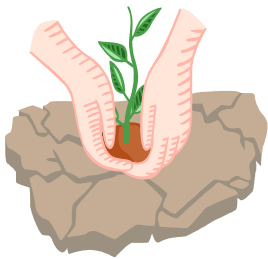




Announcing ... Gardening/Nutrition Program

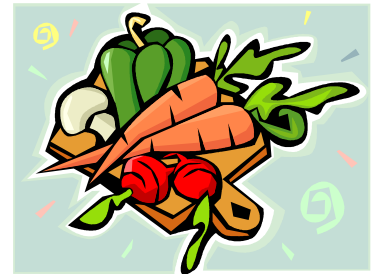
Join us for an innovative program that includes planting seeds, growing your own vegetables and herbs, preparing fresh recipes and learning interesting nutrition facts to help you and your family to eat healthy meals.



Where will the program be held? Horticulture Education Center, Chaires Lane (near the Tennis Court) in Central Park

How long is the program? The program is a six-week session, and classes will run two hours per session

What does it cost? The program is FREE to eligible participants



How do I sign up? Contact Eunice at 372-1622, ext. 247, for more information and to inquire about available dates

Meet new people

Share ideas on healthy eating

Grow your own plants

Call to find out if you are eligible!

This information is provided by Cornell Cooperative Extension, Schenectady County, 107 Nott Terrace, Room 301, Schenectady, NY 12308. Phone: (518) 372-1622; Fax: (518) 372-8703. On the web: www.cceschenectady.org

Cornell Cooperative Extension provides equal program and employment opportunities.

Individuals with special needs requiring accommodation should contact the Cornell Cooperative Extension, Schenectady County office, 372-1622, prior to the program or activity.