



Supporting Healthy Families Program

Who: Parents/Caregivers with children - toddlers to teens.

What: Learn tried and true basic parenting skills with bonus eating and healthy lifestyle tips and recipes for even the pickiest eaters!

Where: Via Zoom (must have an email address to connect)

When: Thursdays, January 14, 21, 28 & February 4 and 11
11:00 am - Noon

Register: Essex County Residents - Contact
Samantha Davis 518-962-4810
smd242@cornell.edu

Warren County Residents - Contact
Roxanne Westcott 518-668-4881 or email
rmw38@cornell.edu

No cost to attend.



Do you want to
strengthen your
relationship with
your child?

Would you like to
learn how to eat
healthier as a family?

Improve family
communication!

Share ideas!

Join this program in
the comfort of your
own home!

CORNELL COOPERATIVE
EXTENSION
OF ESSEX AND WARREN
COUNTIES

