

Health & Wellness – Chats

Staying Balanced at Home May 2020

Join SNAP-Ed for a thirty-minute zoom session on popular health and wellness topics presented at two times in both English and Spanish. Use the zoom link listed below to join the day of the program.

Health for the Whole Self

Priscilla • Friday May 8th 9:00am-9:30am & 10:00am-10:30am(Spanish)

Caregiver Wellness

Priscilla • Friday May 15th 9:00am-9:30am & 10:00am-10:30am(Spanish)

Wellness for Youth

Priscilla • Friday May 22nd 9:00am-9:30am & 10:00am-10:30am(Spanish)

Aging Well: Wellness for Seniors

Priscilla • Friday May 29th 9:00am-9:30am & 10:00am-10:30am(Spanish)

English Zoom Link: <https://cornell.zoom.us/j/95338069287> Meeting ID: 953-3806-9287

Spanish Zoom Link: <https://cornell.zoom.us/j/98352297341> Meeting ID: 983-5229-7341



Cornell Cooperative Extension
Suffolk County



423 Griffing Ave, Ste 100, Riverhead, NY 11901-3071 • 631-727-7850 • www.ccesuffolk.org