



Nutrition Chats: November 2020

Join a SNAP-Ed Nutrition Educator for a thirty-minute zoom session on popular health and nutrition topics. To join click on the title of the lesson or use zoom link below on the day & time of the program.

Vary Your Veggies: Eat a Rainbow

Donna & Halie • November 3rd • 11:00am & 7:00pm

Family Fitness and Fun at Home

Anthony & Scenquetta • November 10th • 11:00am & 7:00pm

Karen & Melek • November 10th • 7:00pm

Mix it up with Meal Modification

Melek • November 17th • 11:00am

Week Night Meals Made Easy: Food Demo

Gerry & Claudia • November 24th • 11:00am

Join Zoom Meeting

<https://cornell.zoom.us/j/98133501431>

Meeting ID: 981 3350 1431

To Call in via phone: Use and meeting ID
+1646-876-9923- meeting ID:98133501431



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Suffolk County



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