



## Free one-on-one or group virtual activities for the whole family!

- Cooking Classes
- Recipe Demonstrations
- Nutrition Information
- Activities for Kids
- Answers to your Parenting Questions
- Breastfeeding Education & Support

Connect with us using a computer, tablet, or mobile device.



For more information or to sign-up contact Amanda Root at **arr27@cornell.edu** or **315-788-8450 ext. 273** or **message us on Facebook (facebook.com/ccejefferson).** 



Cornell Cooperative Extension Jefferson County

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