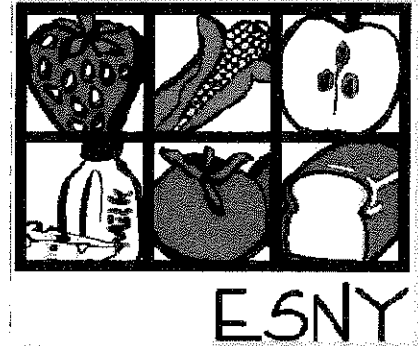


Cornell University
Cooperative Extension
Erie County



Are you looking for ways to...

1. Learn the advantages of breastfeeding and healthy eating if you're pregnant?
2. Put money in your pocket and *s-t-r-e-t-c-h* those food dollars?
3. Protect yourself and your family from food borne illnesses?
4. Discover some physical activities you might enjoy - and maybe reduce stress at the same time?
5. Prepare tasty, healthy and speedy meals for "on-the-go" people?

IF SO . . . WE CAN HELP!

For more information, contact

CORNELL UNIVERSITY COOPERATIVE EXTENSION ERIE COUNTY AT

716.822.2288 OR YOUR AGENCY REPRESENTATIVE!

ALL ARE INVITED!!

Building Strong and Vibrant New York Communities

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