

Healthy Living Watkins Glen

Did you know that a **healthy diet** and **physical activity** can reduce your risk of getting certain chronic diseases?

Join **Healthy Living Watkins Glen**
to find out how!

- **Healthy Eating:** general nutrition, calories and energy, portion sizes, label reading, recipes, smart shopping
- **Physical Activity:** fun exercises to keep you active 30 minutes a day
- Items to help you stay healthy at home
- Refreshments provided at each class

Watkins Glen Public Library

610 S Decatur St. Watkins Glen, NY 14891

Every Tuesday from 1 - 2:30 PM

July 9 - August 28

Register Today - it's free!

Contact: Sarah Merritt

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Spaces Limited!



PROMOTE HEALTH. PREVENT CANCER. FOR FREE.

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