



Cayuga Community Health Network, Inc. & AUBURN YMCA-WEIU

~ Please sign up ~
Healthier Habits for Life!
~ Learning to Eat Smart ~
6 Week Series * Different Lessons each week
Program is free!

WHEN

February 29, March 7, 14, 21, 28, & April 4, 2012
(6 Wednesdays)

WHERE

AUBURN YMCA-WEIU
27 William St. Auburn, NY 13021

PRESENTERS

Christine Gutelius, MA, RD

WHO SHOULD ATTEND?

Our focus is the prevention of Obesity & Diabetes.

Anyone is welcome.

A Snack is provided!

TIME:

6:00 – 7:30 pm

REGISTER ~ RSVP ~ Space is Limited

Contact: Suzanne Hai, Cayuga Community Health Network, Inc.
315.252.4212 or assistant@cayugahealthnetwork.org

This program is sponsored by Cayuga Community Health Network, Inc.