

NORTH COUNTRY REGION

EAT SMART NY

Toll-Free: 1-844-3MY-ESNY



April 2018

FREE Community Workshops

Oswego

Oswego County Health Dept.

70 Bunner St.

Harvest of the Month

Tues, April 3 & 10 @ 12:30pm

Tues, April 17 @ 2:30pm

Tues, April 24 @ 12:15pm

YMCA

265 W. 1st St.

Harvest of The Month For Kids

Thurs, April 5 @ 5:15pm

CATCH Fun For Kids

Sat, April 14 @ 10:30am

Salvation Army

73 W. 2nd St.

Harvest of The Month

Tues, April 24 @ 11am & 11:30am

Pulaski

Pulaski Public Library

4917 Jefferson St.

Harvest of the Month for Kids

Fri, April 6 @ 10am

Mexico

St. Anne's Church

3352 Main St.

Harvest of The Month

Wed, April 4 & 18 @ 5pm

Mon, April 2, 9, 16, 23 @ 1pm

DSS

100 Spring St.

Harvest of the Month

Thurs, April 5, 12, 19 @ 11am

First United Methodist Church

5306 Church St.

Harvest of the Month

Mon, April 9, 23 @ 11am

Mexico VFW

5930 Scenic Ave.

Eat Smart Live Strong

Tues, April 17 @ 1pm

Fulton

Fulton Library

160 S. 1st St.

Harvest of The Month For Kids

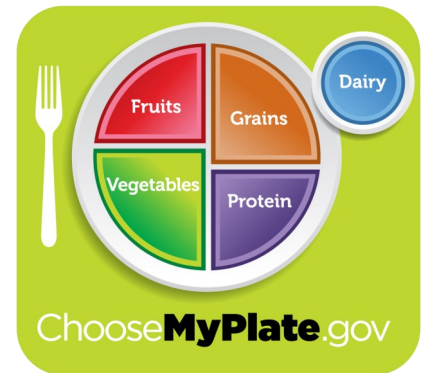
Thurs, April 12 @ 4pm

Salvation Army

62 S. 1st St.

Eat Healthy Be Active

Tues, April 17 @ 11am



**Balance calories with
physical activity!**

The most up-to-date information on classes, store tours & more at northcountryeatSMARTny.org



Cornell Cooperative Extension

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