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Loving Your Family, Feeding Their Future FREE Program Comes to Kingston

We understand that your family's future means everything to you. Cornell Cooperative Extension of Ulster County invites you to join us to share ideas and learn techniques to provide a healthier lifestyle for your family.

Loving Your Family, Feeding Their Future is a FREE seven session hands-on program designed for moderate to lower income families living in Ulster County. The sessions will begin on Tuesday, April 8 from 10:30am to 12:00pm. Additional dates include April 15, 22, 29, May 6, 13, 27 and will be held at the Colonial Gardens Community Center located at 202 Flatbush Avenue in Kingston.

For more information or to pre-register contact Barbara Grumberg at 340-3990.

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension in Ulster County provides equal program and employment opportunities.