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Making Healthful Decisions for Mindful Living Conference Comes to Fishkill

The 16th Annual Making Healthful Decisions for Mindful Living Conference at The Holiday Inn located at 2511 Route 9 in Fishkill on Wednesday, April 2 from 8:00am to 3:30pm. Registration deadline is Friday March, 14. The cost is \$65 per person which includes continental breakfast, lunch and a resource packet.

American families are increasingly over scheduled. This conference presents research on the effects that this situation has on children, youth, families and workers. Learn how to de-clutter your life. Educators will learn how to simplify their educational messages and make them more meaningful and still get the point across.

This event is a great opportunity for classroom educators, Health and Family & Consumer Science teachers, nutrition educators, Human Service, and Health Prevention professionals and others who work with children, youth and their families. Several speakers will give presentations on the topic of mindful living throughout the day.

For more information and to download a brochure and registration form visit <http://counties.cce.cornell.edu/ulster>. To register contact Joy Weber-Maas at 845-677-8223.

This event is hosted by Cornell Cooperative Extension of Ulster, Dutchess, and Orange Counties and co-sponsored by Hudson Valley Student Support Services Center, Maternal-Infant Services Network of Orange, Sullivan, and Ulster Counties and The Alcoholism and Drug Abuse Council of Orange County.

Building Strong and Vibrant New York Communities