

Virtual Wellness Wednesdays

6:30 pm - 7:30 pm

Cecilia Gomez and Ashley Policastro, SNAP-Ed Nutrition Educators

Join us weekly in August for online sessions on the following wellness topics:



Physical Activity

Wednesday, August 5th

Learn about how a healthy diet contributes to a healthy lifestyle, and identifying ways to incorporate physical activity.



Shopping at a Farmers Market

Wednesday, August 12th

Discuss the benefits of shopping at a farmers market and purchasing seasonal fruits and vegetables.



Storing Fruits and Vegetables

Wednesday, August 19th

Identify the benefits and the proper way to store different types of fruits and vegetables.

Healthy Beverages

Wednesday, August 26th

Understand the link between sugary drinks and chronic diseases, identifying sugary drinks ways to make healthier beverage choices.

Click [here](#) to register for this program offered at no charge

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