



**FAITH  
IN ACTION**

A program of Broome County  
Council of Churches

# The Healthier Lifestyle Mentoring Program is excited to introduce a new program!!



Broome County Council  
of Churches, Inc.

- Are you confused by the conflicting nutrition messages that you see on and in magazines?
- Do you want to know what you should be eating in order to be at your healthiest?



This winter, the HLMP will be offering a free nutrition class and cooking demonstration during the week of January 30 through the week of February 13, 2012. There is no need to brave the cold weather.

One of our mentors will come to your home!

**Beat the Winter Blues and have some fun with us!**

Program participants will receive a free cooking utensil

If you are interested in this exciting new program, please contact Melinda (Mindy) Kilmer at (607) 434-5883 or Kati Meyer, Coordinator of the Healthier Lifestyles Mentoring Project at (607) 724-9130 ext 350.