Think you don’t have time to prepare a healthy meal? This program will provide practical solutions for overcoming the barriers that may be preventing you from cooking meals at home. Participants will leave this class with shopping tips, healthy recipes, and a list of essential foods to keep your kitchen stocked!

**Presenter:** Patty Delmonico Schardt, MSRD

**Monday, March 11**
12 noon - 1:00 pm

**Café Conference Room**
A Wing

**To Register Contact:**
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu

**CALL 442-5483**
**OR REGISTER ONLINE**

http://www.albany.edu/eap/event_sign-up.htm