

School-Based Health Center's **Wellness Wednesday!**

**You can contact the School-Based Health Center at #
302-285-9661**



Now that the school year is coming to a close, we can look forward to summer!! Eating healthy can be easier during the summer. Who can resist a bite of a sweet summer peach, a wedge of juicy watermelon, a plump ripe tomatoes, or succulent sweet corn on the cob?? Look for a variety of delicious local fruits and vegetables at your grocers or farmer's markets.

Summer may also give you more time to learn how to cook! Register now for this **FREE** summer program and learn more about eating healthy and how to prepare your own meals!

EFNEP Teen Cuisine- Online!
6 Weekly Sessions Beginning
July 9, 2020
1 pm

Register [HERE](#)

- Knowledge and skills required to make informed food and lifestyle choices
- Confidence to apply these skills at home, which can lead to positive eating patterns and better health.

Join our **FREE** six-session course, offered online each Thursday at 1 p.m. from July 9 through August 13. Once you register, a Zoom link and password will be sent to you a day before the class begins.

If you have any further questions, please contact [Diane Oliver](#).

This program is brought to you by University of Delaware Cooperative Extension, a service of the UD College of Agriculture and Natural Resources—a land-grant institution Delaware Department of Health and Social Services and the Delaware Libraries.

These institutions are equal opportunity providers. If you have special needs that need to be accommodated, please contact the office two weeks prior to the event.