

Cornell University

Cornell Cooperative Extension  
Monroe County

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**For Immediate Release:**

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**Monroe County 4-H Presents "Healthy to the Core"  
Exploring Healthy Living and Making Healthy Snacks with Apples**

The Monroe County 4-H program presents "Healthy to the Core" on Monday, October 9th at the Lakefront Lodge in Webster Park, from 10:00am-4:00pm.

This program will provide youth the opportunity to join their peers for a day of hands-on cooking fun utilizing apples, New York's favorite fall fruit. Youth will learn how to make healthier choices while learning about different varieties of apples grown in New York State. This event is suitable for ages 8-12. \$5 Supply Fee includes snacks & light lunch. Youth do not need to be an enrolled 4-H member to participate.

Registration required. Please register by Wednesday, October 4th at [https://reg.cce.cornell.edu/healthy\\_to\\_the\\_core\\_226](https://reg.cce.cornell.edu/healthy_to_the_core_226).

*The Monroe County 4-H Program is offered through Cornell Cooperative Extension to the youth of Monroe County. 4-H is a worldwide youth development program open to all youth aged 5-to-19, who want to have fun, learn new skills, and explore the world. In return, youth who participate in 4-H find a supportive environment and opportunities for hands-on or "experiential" learning about things that interest them.*

Learn more about 4-H at <http://monroe.cce.cornell.edu/4-h-youth-development>.

*Building Strong and Vibrant New York Communities*

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# HEALTHY TO THE "CORE"

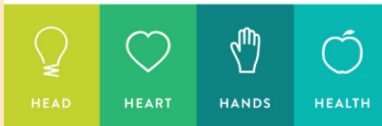
OCTOBER 9TH, 10:00AM-4:00PM

LAKEFRONT LODGE, WEBSTER PARK

**AGES**  
8-12

\$5 SUPPLY FEE  
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