



Cornell University
Cooperative Extension
of Schenectady County

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Break Your Breakfast Rut



Do you struggle with making breakfast? Are you tired of making the same thing over and over, or perhaps looking for some new recipes?

Please join us on June 26th at 12:00 noon for a demonstration (with samples and recipes!) from Debbie Griswold, Registered Dietitian at Cornell Cooperative Extension of Schenectady County.

Please RSVP to the Rotterdam Senior Center by **Monday, June 24th**

Building Strong and Vibrant New York Communities

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