

## Fun & Fitness

### Matter of Balance

October 22-December 10th at the Nunda Methodist Church. To register call 243-7520 or email [kknop@lifespanrochester.org](mailto:kknop@lifespanrochester.org)

### Seated Exercise Class

Every Friday at Nunda Physical Therapy. \$2/class for gym members, \$3/class for non-gym members. To register contact Alicia at 468-2020

### Strength Training

Monday-Friday from 5:30-7:30 AM and 4:30-6:30 PM at the Keshequa high school weight room.

## Ongoing Activities

### Volleyball

Every Sunday 6:00—8:00 PM at the Keshequa high school gymnasium. Adults only.

### Yoga

Every Monday 4:00-5:00 PM at the Keshequa high school library. \$10/class, \$80/package of 10 classes

Every Monday 5:30-6:30 PM at the Trinity Church of Nunda.

Every Thursday 5:30-6:30 PM at the United Methodist Church

A Path to  
wellness in  
Nunda



Be Well in  
Livingston

## Cooking Matters in your Community

Parents, families and individuals are welcome to enjoy this **free**, hands-on class! Learn to prepare a delicious dish, discuss nutrition and sample the food.

**October 22nd from 6:00 - 7:30 PM**

**Keshequa High School**

For more information and registration, call DeAnna at Cornell Cooperative Extension at 585-991-5431 or 585-335-1752, or email [dlc292@cornell.edu](mailto:dlc292@cornell.edu)

## MyPlate for My Family

A **free**, fun series of 4 one-hour classes for parents, families and individuals covering a variety of topics on nutrition and meal planning using the USDA MyPlate guidelines.

**October 29th, November 5th**

**November 19th & November 26th**

**From 6:00-7:00 PM at the Keshequa High School**

For more information and registration, call DeAnna at Cornell Cooperative Extension at 585-991-5431 or 585-335-1752, or email [dlc292@cornell.edu](mailto:dlc292@cornell.edu)



[www.Facebook.com/Groups/BeWellinNunda](https://www.Facebook.com/Groups/BeWellinNunda)

