



HANDS ON HUNTINGTON



Attention Senior Citizens: Join us for a Cooking Demo, Tasting & Educational Seminar

When: Thursday, June 18, 2026 @ 1:00 PM

TO ATTEND THE EVENT: Register with Hands on Huntington
at 631-351-6610 - Limited seating available!

Spring clean your plate: heart-healthy meal swaps. Design your own omelette in a mug from start to finish! Join Hands on Huntington and Registered Dietitian/Nutritionist and Certified Health Coach Jodi Levine for an educational seminar and then follow along with Jodi to prepare a delicious dish with fresh ingredients!

Jodi Levine, MS, RDN, CDN has over 25+ years of experience as a registered dietitian in the field of Nutrition. Currently serving as the Director of Nutrition at Suffolk County Community College, she has a passion and dedication for empowering individuals to lead healthier lifestyles through emphasizing the role that food and exercise play. She will discuss nutrition concepts and controversies with evidence-based scientific research.

WHERE: PAUMANACK VILLAGE COMMUNITY CENTER
PAUMANACK VILLAGE 1 & 2
650 PAUMANACK VILLAGE DRIVE, GREENLAWN



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Jennifer Hebert
Councilwoman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



Hands on Huntington Walking Group

When: Every Thursday from 11 am - 12 pm

Weather Permitting

Where: The Community Center at Paumanack Village

650 Paumanack Village Dr. Greenlawn, 11740

All are Welcome Please call HoH (631) 351-6610

Hands on Huntington (HoH) actively engages seniors and improves their access to social, recreational, and health services through the New York State Office for the Aging Neighborhood Naturally Occurring Retirement Community (NNORC) Program. HoH serves seniors who reside within a catchment area, in portions of Huntington, Greenlawn, and East Northport. This initiative is also supported by the SYJCC and the Town of Huntington, and engages community partners.



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