

2024 SPRING II CLASS INFORMATION

Nutrition & You: Choose & Make Healthy Snacks

Monday | 10:00 AM - 10:50 AM | Via Zoom and/or in-person
Instructor: Erin Vlasak, Gina Frisina

Start your day on a nutritious note by joining us to delve into the world of nutrition and delicious healthy snacks. This interactive class, available both online via Zoom and in-person, is designed to empower students to make informed choices about their diet while enjoying tasty treats.

During each session, we'll explore the nutritional benefits of various foods and food groups, equipping you with the knowledge to make wholesome selections. From there, you'll have the opportunity to apply what you've learned by preparing and savoring nutritious snacks.

Leading the class is Erin, a certified Nutrition Coach with expertise in guiding individuals towards healthier lifestyles. Joining her is Gina, whose years of instruction and personal commitment to wellness make her a valuable addition to our team. Don't miss out on this chance to nourish your body and expand your culinary skills. We look forward to embarking on this flavorful journey with you!

SPRING II SCHEDULE

Please review the dates your class will meet over the course of the 8-week Spring II Session. All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main St, Smithtown, NY, 11787.

- May 6
- May 13
- May 20
- June 3
- June 10
- June 17
- June 24
- July 1

Please note, classes will not meet Monday, May 27th to observe Memorial Day.



PRICING

Spring Session II, 8-Weeks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org

More info & bio's at www.abcommunityclasses.org.

Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @ 35 West Main St, Smithtown, NY