

**Above and Beyond Community Classes, Inc. Presents:**



# **Nutrition and You: Choose & Make Healthy Snacks**

**Instructed by Erin Ulasak & Gina Frisina**

**Mondays 3-3:50pm via Zoom or In Person**

**\$360.00- 8 Weeks of Winter Session- Jan & Feb '24**

**Mondays: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26**

**\$360.00- 8 Weeks of Spring I Session- Mar & Apr '24**

**Mondays: 3/4, 3/11, 3/18, 3/25, 4/1-No Class,  
4/8, 4/15, 4/22, 4/29**

**Nutrition includes selecting the kind of foods that give the best fuel and nutrients to our bodies for overall health and wellness. In this interactive class, students will learn how “snacks” can be healthy via various food categories and the nutritional purposes of foods; the importance of choosing fresh, wholesome food rather than processed foods and the difference between good fats vs. bad fats, proteins, carbohydrates, and essential nutrients. By Zoom or in-person, students will learn from certified Nutrition Coach/Instructor Erin U. as she and past Cooking Class Instructor Gina Frisina offer step-by-step recipes and demo how to create some of these nutritious healthy snacks.**

**To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)**

**More info & instructors' bios @**

**<https://www.abcommunityclasses.org>**

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