

Nutrition & You: Choose & Make Healthy Snacks

Monday | 3:00 PM - 3:50 PM | 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.

Don't miss out on this chance to nourish your body and expand your culinary skills.

SUMMER 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.

- July 8
- July 15
- July 22
- July 29
- Aug 5
- Aug 12
- Aug 19
- Aug 26



PRICING

Summer Session,
8-Weeks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org. More info at www.abcommunityclasses.org. Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @ 35 West Main St, Smithtown, NY