



**Above and Beyond
Community
Classes Presents:**

**Wednesdays
10-10:50am
via Zoom or
In-Person**

Nutrition & You: Choose & Make Healthy Snacks with Erin Ulasak and Amy Colvin

\$360.00 for 8 Fall I Sessions:

Wed's-9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25

\$315.00 for 7 Fall II Sessions:

Wed's-11/1, 11/8, 11/15, 11/29, 12/6, 12/13, 12/20

Join us to start your day off right by learning nutrition and applying your knowledge to prepping and enjoying a healthy snack each class. This interactive class will be offered via Zoom and in-person with the goals of offering students the chance to get to know and prepare healthy snacks. First, class will examine the nutritional components of foods or food groups that offer us healthy choices and then students will make informed nutritious choices. As the lead instructor, Erin is a certified Nutrition Coach by the National Academy of Sports Medicine. Amy's years of instruction and personal dedication to eating and living healthfully have her excited to assist in this NEW CLASS.

To register, email: chawkins@buexperience.org

More info & bio's at <https://www.abcommunityclasses.org>

Open to the public, all are welcome via Zoom or at

Blue Umbrella Experience @ 35 West Main St, Smithtown, NY