

# Nutrition Classes

|              |                              |
|--------------|------------------------------|
| <b>Jan</b>   | WELL pt.1 (8 wks)<br>↓       |
| <b>Feb</b>   | Healing Garden<br>↓          |
| <b>March</b> |                              |
| <b>April</b> | Cooking Classes (6 wks)<br>↓ |
| <b>May</b>   | Heart Health (6 wks)<br>↓    |
| <b>June</b>  |                              |
| <b>July</b>  | WELL pt.2 (8 wks)<br>↓       |
| <b>Aug</b>   |                              |
| <b>Sept</b>  | Holiday Cooking Classes<br>↓ |
| <b>Oct</b>   |                              |
| <b>Nov</b>   |                              |
| <b>Dec</b>   |                              |

\*\*Dates and times coming soon