



Body

**2020
Winter Session**

Thursdays

Jan. 9 – Feb. 27, 2020

12:00 – 2:30pm

Metrocard
provided

Come cook with us!

Learn about nutrition and healthy eating!
Learn safe cooking practices!
Create delicious meals together!
Pantry bags provided at the end of each class!

**East Harlem Neighborhood
Health Action Center**

158 E. 115th Street, New York, NY 10029
(corner of Lexington & 115th St.)

OPEN TO ALL SELF-IDENTIFIED WOMEN. If you are interested in attending SMART Body classes, please contact Tara at (212) 289-3900 to schedule an intake interview prior to attending class for the first time.

Sign-up for SMART Body is on Tuesdays between 9 – 11am
and you must attend SMART University class at 11.

www.smartuniversity.org