

Verdant Community Wellness Center

Free Health & Wellness Classes

4710 196th Street SW, Lynnwood

Class	Date & Time
Cooking Demo: Good and Cheap	Monday, June 6, 6-8 p.m.
Develop Baby's Motor Skills — Grow the Brain	Wednesday, June 15, 6-7 p.m.
Cooking Demo: Eat All Your Vegetables	Friday, June 17, 10-11 a.m.
Anxiety & Depression Film Screening and Discussion: 'Rocks in my Pockets'	Friday, June 17, 6:30-9 p.m.
Cooking Demo: Incorporating Seasonal Produce Into Your Meals	Mondays, June 20, July 11, August 1, August 22, 6-7:30 p.m. <i>Each date requires separate registration.</i>
Teens in the Kitchen: Delicious Berry Desserts	Wednesday, June 29, 1-3 p.m.
American Heart Association Kids Cook With Heart 3-Week Summer Cooking Series	Mondays and Tuesdays, July 18, 19, 25, 26, August 1 & 2, 1-2:30 p.m.
Advance Care Planning Workshop	Tuesday, August 2, 10 a.m. - 12 p.m.
Teens in the Kitchen: Veg Out	Wednesday, August 17, 1-3 p.m.
Hands-on Family Cooking Class: Packing Healthy Lunches	Saturday, August 27, 11 a.m. - 1 p.m.



Registration required
for most classes at
verdanthealth.org/events or
call (425) 582-8600.

The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.

STAYWell



GETActive



EATBetter



STRESSLess

