

Verdant Community Wellness Center

Free Health & Wellness Classes

4710 196th Street SW, Lynnwood

Class	Date & Time
Teens in the Kitchen: Snacking with Pizzazz	Tuesday, April 5 <u>and</u> Thursday, April 7, 1-3 p.m.
Getting to Goal Weight Reduction Class	Thursday, April 7, 6:30-8 p.m.
Whole Foods Challenge	Wednesdays, April 13 - May 4, 6-7 p.m.
Hands-on Family Cooking Class: Breakfast that Kids Can Make	Saturday, April 16, 10 a.m. - 12 p.m.
Stress Management Through Yoga	Saturday, April 16, 1-5 p.m.
Youth Suicide Prevention Workshop	Thursday, April 21, 7-8:30 p.m.
Cooking Demo: Good & Cheap	Tuesday, April 26, 6-8 p.m.
The Anti-Inflammatory Diet	Wednesday, May 4, 1-2 p.m.
Crisis Intervention Workshop	Thursday, May 19, 7-8:30 p.m.
Staying Active With Knee & Back Pain	Wednesday, May 25, 6-7 p.m.
A Learn & Taste Series: The Mediterranean Diet	Thursdays, June 9 and June 16, 6:30-7:30 p.m.
Develop Baby's Motor Skills — Grow the Brain	Wednesday, June 15, 6-7 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

