

ASPEN STRONG & ASPEN
YOUTH CENTER PRESENT

MOOD FOOD

February 2nd - Why Should I Care About What I Eat?

- Prep & Eat Breakfast Burritos & Protein Balls

February 16th - Myth Busting Fad Diets & the Effects on Energy & Mood

- Prep & Eat Well Balanced Plate

March 2nd - Zen Eating, Knowing When You are Hungry or Full

- Prep & Eat Mac n' Cheese, Protein & Salad

March 16th - Family Nutrition Night Parents Join In On The Fun

- Prep, Eat & Take Home Healthy Snacks



AN EDUCATIONAL SERIES FOR 6TH-8TH GRADERS WHERE WE WILL COOK, EAT & LEARN ABOUT FOODS THAT BOOST YOUR MOOD, INCREASE ENERGY & OPTIMIZE PERFORMANCE.

LED BY SHARI HAVOURD, NUTRITIONIST

REGISTER AT AYC OR TEXT 805-705-6600 TO RESERVE A SPOT IN ONE OR ALL CLASSES. LIMITED TO 12 PER WORKSHOP.

ALL WORKSHOPS ARE 4-6PM AT ASPEN YOUTH CENTER