

Verdant Community Wellness Center

Free Health & Wellness Classes

4710 196th Street SW, Lynnwood

Class	Date & Time
A Learn & Taste Demo: Exploring Meatless Mondays	Thursday, Sept. 22, 6-8 p.m.
Cooking Demo: Fall Harvest	Thursday, Sept. 29, 6-7:30 p.m.
Yoga: Mind, Movement & Meditation	Mondays, Oct. 3-17, 6:30-7:45 p.m.
Nutrition & Feeding the Family	Wednesday, Oct. 5, 6-7 p.m.
YWCA Anxiety & Depression Recovery <i>Call (425) 412-2364 to register.</i>	Wednesdays, Oct. 12-Nov. 30, 5:30-7 p.m.
Nutrition for Young Children (Ages 2-5)	Wednesday, Oct. 12, 6-7 p.m.
Building Family Strengths Parenting <i>Call (425) 412-2364 to register.</i>	Tuesdays, Oct. 18-Dec. 6, 5:30-7 p.m.
Getting to Goal Weight Reduction Class	Tuesday, Oct. 18, 6:30-8 p.m.
Nutrition for Elementary-aged Children (Ages 5-11)	Wednesday, Oct. 19, 6-7 p.m.
Nutrition for Growing Teens (Ages 12+)	Wednesday, Oct. 26, 6-7 p.m.
Cooking Demo: Soups & Stews	Thursday, Oct. 27, 6-7:30 p.m.
Hands-on Family Cooking Class: Naturally Sweet Halloween Treats	Saturday, Oct. 29, 11 a.m. - 1 p.m.



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

verdanthealth.org

(425) 582-8600

/VerdantHC

@verdanthealth

STAYWell

GETActive

EATBetter

STRESSLess

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