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!

We will cover topics such as:

- Healthy Fats
- Bone Health
- Food for the Mind
- Diabetes Management
- and more!

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.

Metrocard provided

East Harlem Neighborhood Health Action Center
158 E. 115th Street, New York, NY 10029
(corner of Lexington & 115th St.)

www.smartuniversity.org