2020 Winter Session

Thursdays
Jan. 9 – Feb. 27, 2020
12:00 – 2:30pm

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!

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

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.

www.smartuniversity.org