SMART Programs Weekly Schedule:

**SMART Art** teaches creative expression. 
Mondays from 1:00 to 2:30pm

**SMART Technology** teaches basic computer and internet skills. 
Mondays from 11am to 12:30pm

**SMART Energy** is a movement and relaxation class. 
Tuesdays from 9:15 to 10:15am

**SMART University** is a treatment and health education lecture series. 
Tuesdays from 11am to 12:30pm

**SMART HEART Activism** is a civic engagement series. 
Tuesdays from 1:00 to 2:30pm

**SMART Body** is a hands-on cooking and nutrition education class. 
Thursdays from 12 noon to 2:30pm