

# Healthy Snacking



## Frozen Yogurt Bark

Snacks are an important component of a healthy lifestyle. The right ones can provide needed nutrients and energy, prevent overeating at meal times, and assist in managing your healthy weight. The class will introduce you to easy-to-prepare, affordable snacks that are nutritious and tasty.

Thursday, August 24, 2017

10:00am-11:30am

ONEgeneration Senior Enrichment Center Art Room