Quick, Healthy & Tasty Smoothies

What to expect:

• Learn how to prepare 2 delicious and healthy smoothies
• Receive a handout with recipes
• Learn some helpful healthy tips for how to integrate a smoothie into your diet
• Enjoy samples of the prepared smoothies

Thursday, August 20th 12 – 1 pm @ EHP East Conf

To REGISTER, add your name to the list at http://doodle.com/eqrs7btpdecynrd7
Or contact Karen Husick @ kh557

Workshop presented by Karen Husick and Laurie Cecere