



GET FOCUSED adults

This cerebral nutrition class explores which foods create, and which reduce, brain fog, lack of focus and mental clarity!

REGISTER TODAY UTILIZING THE QR CODE

Wednesday, October 30, 2024 @ 6:00 PM- 7:00 PM

Grand Island Memorial Library

1715 Bedell Road

Grand Island, NY 14072

\$20 per person covers class materials and food sampling

Presented by : Elizabeth Kovacs, Certified Nutrition Instructor

Sponsored by: Healthy Kitchen Healthy Life

All Classes Posted to website!

www.healthykitchenhealthylife.com/events

Questions? Call 716.282.2098 or

Email info@healthykitchenhealthylife.com



- ✓ Nutrition Science - Vide Instructin
- ✓ 8 page printed booklet with recipes
- ✓ Recipe Demonstrations
- ✓ Food Samples
- ✓ Visit www.fsm.institute to learn more about our non-profit



SCAN ME

This class is an approved

Food Saved Me Institute Nutrition Class

Copyright © 2024 Food Saved Me, LLC. All Rights Reserved.