



**Presents...**

# Snack Attack!

A hands-on, interactive workshop where you will learn how to make easy snacks that are both nutritious AND delicious!

During the class, you will learn:

- ⇒ What is the difference between “snacks” and “treats”?
- ⇒ What makes a healthy snack?
- ⇒ How can I fit healthy snacks into my busy life?



***Class includes  
a healthy snack and recipe!***

**When: November 16, 2017**

**4:00-5:30 p.m.**

**Where: Garner Parent Center**

**2500 Havendale Boulevard N.W.**

**Winter Haven, FL 33880**

**For More Information: Mindy**

**Santiago, 863-965-5488**

**Looking forward to seeing you at  
the Parent Center!**

