

Virtual *April* Classes

Mini Chef Mornings (Gardening Edition): Mondays at 10:30am

Intuitive Eating: Tuesdays at 12pm

Family Meals at 5: Tuesdays at 5pm

Plant-Forward Eating: Wednesdays at 12pm

Junior Chef Creations: Wednesdays at 4pm

Spring Self-Care: Thursdays at 7pm

Feature Friday: Fridays at 12pm

Saturday Spring Baking: Select Saturdays at 10am

To register go to www.thegiantcompanynutritionists.eventbrite.com



GIANT.
NUTRITIONIST