

Nutrition Classes

for Adults & Kids

(All classes have a minimum of 5/maximum of 15)



GARDNER
ARTS & REC
PAINTING | DRAWING | DANCE | EXERCISE

Smart Snacks Smart Kids

We will explore making easy healthy snacks that do not contain Red #40, Yellow #5 & 6, and Blue #1 and participants will learn to make colors using natural ingredients like turmeric, beet juice and spinach. Learn about easy recipes like fruit gummies, leather fruit rollups, frozen fruit pops and chocolate avocado dip.

Date: Saturday, September 23

Time: 10:00 a.m.

Fee: \$10

Age: Adults and Kids

Location: Senior Center, 128 E. Park St., Gardner, KS

Registration Deadline: One week prior to class

Great Pumpkin Health Benefits

Come explore the health benefits of the great pumpkin, a nutrient dense food that have many health benefits. We will make a delicious savory pumpkin soup & a healthy "Surprise" pumpkin dessert. You will leave with a mini pumpkin to decorate & healthy recipes for the upcoming holidays. This is an adult class. Children are welcome only if accompanied by a parent.

Dates: Saturday, October 28

Time: 10:00 a.m.

Fee: \$10

Age: Adults and Kids

Location: Senior Center, 128 E. Park St., Gardner, KS

Registration Deadline: One week prior to class

Destress Yourself This December!

In this class, we will discuss the stress response and how it affects our bodies. We can alleviate stress by using relaxation techniques, eating nutritious foods and using essential oils. We will make and share a recipe of warm delicious herbal milk. You can sip it while making a personal roll-on stress-free essential oil blend.

Date: Saturday, December 2

Time: 10:00 a.m.

Fee: \$20

Age: Adults

Location: Senior Center, 128 E. Park St., Gardner, KS

Registration Deadline: One week prior to class

More info on back!

Register at Gardner City Hall or online at gardnerparks.com

Gardner Parks and Recreation Registration Form

Participant's Name: _____ DOB: _____ Age: _____

Program(s): _____

Parent's Name: (If applicable) _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Yes, please keep me informed via email regarding upcoming programs. For information regarding our privacy policy in terms of use visit www.gardnerkansas.gov.

Payment Type:

Cash Check/Money Order Credit Card: MasterCard Visa Discover American Express

Credit Card Number: _____ Exp. Date: _____ CVC #: _____

Checks and Money Orders may be made payable to: Gardner Parks and Recreation

Note: Please keep a record of the dates and times of the programs you have enrolled in; confirmations are not sent. Enrollment may also be completed online at www.gardnerkansas.gov or at City Hall, 120 E. Main Street, Gardner, KS.

LIABILITY RELEASE: I, as a participant or legal guardian representing a minor participant agree to release the City of Gardner, its officers, employees and volunteers, from an and all liability for accidents, injuries, loss of and/or damage to my/our person or property that may arise out of my/our participation in/and our presence at the above activity(s). I/we understand the risks and possible dangers of participating in these activity(s). Also, I/we authorize the Gardner Parks and Recreation Department to use at its discretion any photograph(s) (black/white or color) taken of the participant while participating in the program and waive any and all claims that the participant or the undersigned or their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproductions thereof. I have entered into this agreement of my own free will.



Gardner Parks and Recreation
120 E. Main St.
Gardner, KS 66030
P: 913-856-0936
F: 913-856-0970

I have read and understand the liability release and refund policy. Registration invalid without signature.

Signature: _____ Date: _____

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GARDNER ARTS & REC

PAINTING | DRAWING | DANCE | EXERCISE

Smart Snacks Smart Kids

We will explore making easy healthy snacks that do not contain Red #40, Yellow #5 & 6, and Blue #1. Participants will learn to make colors using natural ingredients like turmeric, beet juice and spinach. We will share easy recipes like fruit gummies, leather fruit rollups, frozen fruit pops and chocolate avocado dip that parents and kids can make together, while learning what safe, healthy colors are and are not. Class instructed by Mary Johnson LMT, CNWC.

Date: Saturday, September 23

Time: 10:00 a.m.

Fee: \$10

Age: Adults and Kids

Location: Senior Center, 128 E. Park St., Gardner, KS

Registration Deadline: One week prior to class



Classes located in the newly renovated Senior Center!

Great Pumpkin Health Benefits

Come explore the health benefits of the great pumpkin. Pumpkins are a nutrient dense food that have many health benefits. They boost your immune system, boost your mood and help you sleep better. We will make a delicious savory pumpkin soup & a healthy "Surprise" pumpkin dessert. You will leave with a mini pumpkin to decorate & healthy recipes for the upcoming holidays. This is an adult class. Children are welcome only if accompanied by a parent. Class instructed by Mary Johnson LMT, CNWC

Dates: Saturday, October 28

Time: 10:00 a.m.

Fee: \$10

Age: Adults and Kids

Location: Senior Center, 128 E. Park St., Gardner, KS

Registration Deadline: One week prior to class



Destress Yourself This December!

The holiday season can be a really stressful time. In this class, we will discuss the stress response and how it affects our bodies. We can alleviate stress by using relaxation techniques, eating nutritious foods and using essential oils. We will make and share a recipe of warm delicious herbal milk. You can sip it while making a personal roll-on stress-free essential oil blend. So, take a deep breath and take some time to relax! This is an adult class. Instructed by Mary Johnson LMT, CNWC.

Date: Saturday, December 2

Time: 10:00 a.m.

Fee: \$20

Age: Adults

Location: Senior Center, 128 E. Park St., Gardner, KS

Registration Deadline: One week prior to class



Register Today!

Register at:

-gardnerparks.com

-GardnerCity Hall



www.gardnerparks.com
913-856-0936

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