



GRAND ISLAND NUTRITION CLASSES

2026 SCHEDULE

Classes held at the
Grand Island Recreation Community Center
Nike Base Park, 3278 Whitehaven Rd.
Grand Island, NY 14072

REGISTER at <https://grandislandny.myrec.com>
Each Class \$20 Residents \$25 Non-Residents

Certified Nutrition Instructor: Eilizabeth Kovacs
Questions? Call 716.282.2098 or email: info@healthykitchenhealthylife.com
Classes Include: Video Instruction, Class Booklet, Cooking Demo and Food Sampling

BEAUTY AND THE FEAST

Thursday, 4/2/2026 @ 5:30 PM- 7PM

Discover the secret to youthful, glowing skin from the inside out! In this dynamic class, you'll learn which foods can fight aging, boost collagen production, and reduce wrinkles. We combine cutting-edge nutrition science with delicious, easy to follow recipes. This class includes a booklet with recipes and DIY instructions to make your own collagen boosting face cream at home for pennies.

FOOD ADDICTION 911

Thursday, 5/7/26 @ 5:30 PM- 7PM

Are you struggling with cravings? Do you find yourself eating foods that you know aren't good for you, but can't seem to stop? Do you sometimes feel controlled by food? Learn to identify the root cause of cravings and overcome them with powerful strategies to tackle them when they occur.

IMMUNITY BOOSTERS & BUSTERS

Thursday, 9/3/26 @ 5:30 PM- 7PM

Are you looking for ways to strengthen your immune system, at home in your kitchen? This class explores foods and habits that can boost our immune system and also those that deplete it. Hear the latest research behind immunity and what we can do, easily, to protect ourselves and our loved ones.

REVAMP YOUR KITCHEN: HEALTHY MEAL PREPS

Thursday, 10/1/26 @ 5:30 PM- 7PM

Do you wish you could go out to eat less, but are not sure how to plan meals at home? Are you looking to save money, while also eating healthier? Confused about how to put delicious meals together easily? Never read the question of "What's for dinner" again! This class will teach you how to put meals together and how to pair different recipes so you always have variety on hand!

SLEEP BETTER, STRESS LESS

Thursday, 11/5/26 @ 5:30 PM- 7PM

More and more research is being released on sleep and what a powerful effect it has on our daily health. Many people struggle with poor sleep quality, sleep apnea, and sluggishness during the day. This class explores the science on what to eat and when to eat to achieve optimal sleep, stress reduction and body/healthy renewal.