

# **SLEEP BETTER! STRESS LESS! NUTRITION & COOKING CLASS**

*Do you struggle with poor sleep quality, sleep apnea, or sluggishness during the day? Find out how more and more research is being released on sleep and what a powerful effect it has on our daily health.*



**Class Date: Thursday, Dec. 14, 2023 @ 6PM – 8PM**  
**Register today! Go to [www.grandislandny.myrec.com](http://www.grandislandny.myrec.com)**

**Sponsored by the GI Recreation Department**  
**\$15 PP Residents/ \$20 PP Non-Residents**

**Held at the GI Recreation Community Center**  
**Nike Base Park, 3278 Whitehaven Rd., Grand Island, NY 14072**

*Classes are taught by a Certified Nutrition Instructor approved by the Food Saved Me Institute. Class includes videos, cooking demonstration, a beautiful class booklet including all the research and recipes, and food sampling!*



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