



Healthy Inspirations - MAY



Health Solutions Family Center: 1 El Pueblo Ranch Way, Pueblo

Every Tuesday Night. Doors open at 5:00pm. Class begins at 5:30pm.

May 7: *Twinkie Minions* – presented by Jose Sanchez (Chief of Security, Soldiers Security)

Who doesn't love Twinkies?!? Would you like to learn how to decorate these delicious snacks to look like a mischievous Despicable Me Minion? Start your summer with a fun food craft that will definitely wow both the young and old children in your life! Soldiers Security will provide all materials for this workshop.

May 14: *Gear Up for Tool Time!* - presented by Shannon Miller (Stampin' Up Demonstrator)

We will be making adorable tool boxes from Altoids mint tins. Inside will be a customized greeting card and a space to insert a photo or gift card. A perfect handmade item to give to your favorite dad this Father's Day! We will provide all materials for this workshop.

May 21: *Kicking the Sugar Habit* (presented by Michelle Howard (Certified Health Coach and Fitness Trainer))

Studies show that sugar can be just as addictive as drugs and alcohol. Sugar withdrawal symptoms can include cravings, lethargy, anxiety and headaches. In this workshop, Michelle will discuss the effects of sugar on your health and how to kick the sugar habit for good!

May 28: *Cut-Out Greeting Cards* – presented by Desi Jensen (Independent Artist and Creative Blogger)

Construction paper! Gel pens! Paper punches! Do we have your attention? If you like paper arts and making custom greeting cards, this class is for you! Drop by tonight's class and get creative with paper! As always, all materials will be provided.

**OUR CLASSES ARE FUN, FREE AND FAMILY FRIENDLY
JUST DROP IN! NO RSVP NEEDED! SEE YOU THERE!**



Questions? Please contact:
DawnY@Health.Solutions or 719.423.1196

Visit www.health.solutions for Healthy Inspirations schedules and more!