SUMMER FOODS - SMOOTHIES

NOURISHING & HYDRATING

Join Dr. Eleonora Gafton and learn:

How to create a well-balanced smoothie

The incredible health benefits of making fresh smoothies

About the "anatomy" of the smoothie

The importance of hydration



Nutrition & Lifestyle

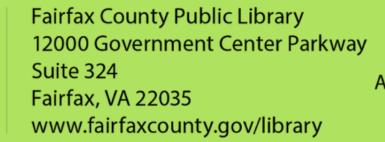
SATURDAY, AUGUST 13,2022
10AM-11AM
Thomas Jefferson Library
7415 Arlington Boulevard
Falls Church, Virginia
22042
703.537.1060

Eleonora N. Gafton

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Certified European Chef
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