

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



SATURDAY, AUGUST 13, 2022

10AM-11AM

Thomas Jefferson Library

7415 Arlington Boulevard

Falls Church, Virginia

22042

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