

## VIP MAY CLASS SCHEDULE & DESCRIPTION

**Arts & Crafts:** Courses offered at all levels offering the skills of making objects, such as decorations, furniture, jewelry, and pottery by hand.

	<i>Date</i>	<i>Time</i>	<i>Fee</i>
Craft Projects	Tuesday & Thursday, beginning 5/04/2021	10:15am (1 Hour)	\$10.00 for class material

**\*Craft projects are completed over two days.**

**Ins and Outs of Business Ownership:** Courses will cover business start-up and daily operational responsibilities.

	<i>Date</i>	<i>Time</i>	<i>Fee</i>
Business Development Class	Wednesdays, beginning 5/05/2021	10:15am (1-1/2 Hour)	\$25.00 for 4 week Course

**Health & Nutrition:** Designed to teach science skills as they apply to food preparation, food production, and human nutrition. We will explore factors that influence food choices and nutritional status; and prepare nutritional food choices.

	<i>Date</i>	<i>Time</i>	<i>Fee</i>
*Nutrition Class	Wednesdays, beginning 5/26/2021	12:00 Noon	No Charge - Grant Funded

**\*Class size is limited to 5 Participants**

**Fitness:** Classes that provide individuals with the opportunity to interact with others, improve their socialization skills, and get into the best health and shape of their life. Beginner, Intermediate and Advanced courses available.

	<i>Date</i>	<i>Time</i>	<i>Fee</i>
Yoga & Mindfulness	Tuesday & Thursday	9:00am (1 Hour)	\$5.00/Class

**\*Yoga mats are required. Available for purchase @ \$5 each (BYO water bottle)**

**Behavioral Health:** Engaging group classes that provide individuals with the opportunity to interact with others, as well as group discussions.

	<i>Date</i>	<i>Time</i>	<i>Fee</i>
Interactive Discussion	Every Friday	Noon (1 Hour)	None

**Art Therapy:** An expressive interactive art therapy to assist with social, emotional health.

	<i>Date</i>	<i>Time</i>	<i>Fee</i>
Art Therapy	Wednesdays, beginning 5/05/2021	1:00pm (1 Hour)	\$5 per class

**\*Class size is limited to 10 Participants**