



**LIFE ENRICHMENT**  
ACADEMY

# VIRTUAL PROGRAMS-ALL LOCATIONS

Please check with each site  
for monthly schedules

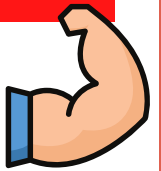
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**SCHEDULED CLASSES**

**THURSDAY**

**10:00 to 11:00**

**WELLNESS/FITNESS&MINDFULNESS**



Join us for some exercise routines, nutrition discussion, healthy eating and lots of positive motivation from your peers and favorite staff.

**11:30 to 12:30**

**ONCE UPON A CHEF**



Come learn about kitchen safety, make easy recipes, and enjoy learning from some of our favorite chefs.

**1:00 to 2:00**

**ART ENDEAVOURS**



Lets work together to make simple crafts to create around your house.

**2:30 to 3:30**

**CAREER EXPLORATION**



Lets work together to help you find that job you've always dreamed of, how to dress for success and improve your resume skills.