

YHEALTH & FITNESS™

2018 Nutrition Workshops

What: When you eat healthy food . . . you feel better, look better, have more energy, think more clearly, and enjoy life more! You also lower your risk for cancer, heart disease, diabetes and obesity. Join us to learn how to make better food choices for yourself and your family.

When: 6:00 pm to 7:00 pm on these Tuesday 2018 dates:

January 23 Vitamin Vitality

May 22 Healthy Heart Highway

August 28 Cleaning Up Your Cholesterol

October 23 Optimal Holiday Health

Where: Rogue Valley Family YMCA
522 West Sixth Street, Medford

Fees: There is no fee for this class. Class is open to all and a healthy snack is provided.

Info: Tammy Miller, Wellness Supervisor
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