

YHEALTH & FITNESS™

2019 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 2019 dates:

February 26 Just Say No to Disease

May 21 Magic Beans

August 27 Plant Power

November 19 D is for Deficient

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
(541) 772-6295 x106; wellness@rvymca.org

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