

YHEALTH & FITNESS™

2020 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 Wednesday 2020 dates:

March 25 **Nutrition for Mental Health and Increased Energy**

May 27 **Hydration for Maximal Health**

August 26 **Healthy Meal Preparation**

November 18 **Healthy Holiday Makeover**

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: Jeni Beck, Fitness Director
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