



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN HOW TO EAT HEALTHY

GROUP INTEREST

Nutrition 101

Come learn the basics of nutrition and healthy meal planning. Our registered dietitian will breakdown and explain principles for healthy eating for weight management and general well-being. End the lecture series with a grocery store tour!

Date: February 3, 10, 17 and 24

Time: 11AM

Location: Multipurpose Room

Ages: 18+

Register: January 3 - 25

Cost: \$15



VICTORY FAMILY YMCA

101 Long Green Blvd., Yorktown

Contact Name (optional)

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