

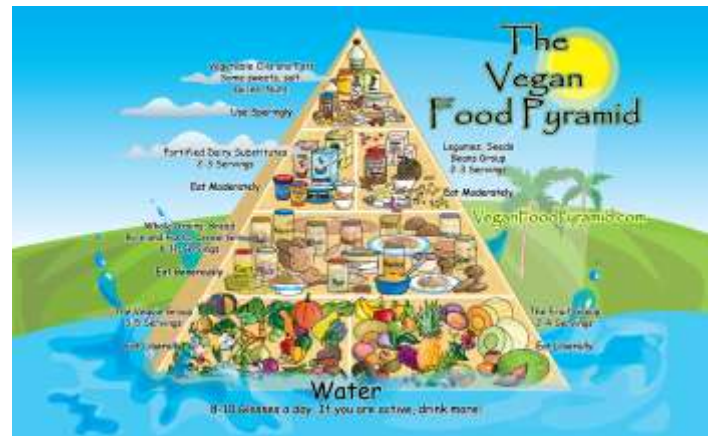


Nutrition Talks

Presented by Joyce Giammattei, DrPH, RD
YMCA Nutrition Counselor

Talks held in the YMCA Conference Room
11:00am – 11:30am

January 28:
Understanding Vegetarian Diets



February 25:
Think Heart Healthy



March 18:
National Nutrition Month

FREE for Facility Members/\$10 for Program Members/\$20.00 for non-members.

Register in the Membership Office

Sonoma County Family YMCA, 1111 College Ave, Santa Rosa, CA 95404, 707-545-9622

<http://www.scfymca.org/fitnessnutrition.php>

The YMCA is a not-for-profit, community organization. Financial assistance is available.