



With
Nicole M.

Nutrition Tips x3

Join us for another Health & Wellness presentation as we dive into 3 hot nutrition topics:

Can junk food
be part of a
healthy diet?

Healthy
eating on a
budget

Portion
Size



WEDNESDAY
NOV 12



5:30-6:30PM



YMCA
Conference
Room

FREE
Registration
required!
Scan here:

