

Tired of wading through all of the nutrition myths and information? We have created these seminars specifically for you. Come with your questions and learn more about the following topics.

TOPICS & DATES:

July: Kids Cooking the Healthy Way (ages 6-11)

Thursday, 7/10, 10:00 am Cooper

Mon, 7/14, 1:00 pm, Northeast

Tuesday, 7/22, 6:00 pm, Downtown

August: Kids Cooking the Healthy Way (ages 6-11)

Wednesday, 8/6, 6:00 pm, Downtown

Mon, 8/11, 1:00 pm, Northeast

Thursday, 8/14, 10:00 am Cooper

REGISTRATION:

Pre-registration is required!

Members: Free Non-Members: \$10/family

Cooper: Amy Shanahan, 323-6407, ashanahan@ymcalincoln.org

Downtown: Karla Hudson, 434-9238, khudson@ymcalincoln.org

Northeast: Michelle Kiddoo, 434-9257, mkiddoo@ymcalincoln.org