



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## EAT WELL & LIVE HEALTHY

### A FAMILY EDUCATION SERIES PROMOTING YOUTH DEVELOPMENT AND HEALTHY LIVING

Join us this fall on Fridays from 11:00 – 11:45 am for an educational nutrition series designed to support families in our community. Erica Phelps, RD will be discussing healthy eating for the whole family and tips to keep even the fussiest eaters asking for seconds!

- SEPT 18 BREAKFAST ON THE GO!
- SEPT 25 "GO" SNACKS
- OCT 16 LUNCHBOX 101
- OCT 23 HEALTHY KID FRIENDLY DINNERS
- OCT 30 THE PICKY EATER

**FREE to the community!**

Registration required  
by Thursday prior.

TRI-CITIES FAMILY YMCA  
[WWW.TCFYMCA.ORG](http://WWW.TCFYMCA.ORG)

