



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GAME-CHANGING NUTRITION SERIES

## DOWNTOWN YMCA: 402 N. Market

Don't let your food choices hold you back from your goals. This series gives you the *right* tools to get 'back on track', boosting your cooking skills and nutrition know-how, plus learn new meal ideas. There are 3 classes in this series, attend one or all. Taught by Tammi Krier, Registered Dietitian

**Class 1:** Keys to meal planning and prepping to reduce the 'what's for dinner' pressure! Sampling new ideas included!

Dates: Mon. 1/14 6:00P-7:30P OR Sat. 1/26 10:00A-11:30A

**Class 2:** Fill Up not Out *with* flavor! Healthy doesn't have to mean tasteless—get the lowdown on fats, fiber and more while also learning how to boost flavor! Sampling new ideas included!

Dates: Mon. 2/11 6:00P-7:30P OR Sat. 2/16 10A-11:30A

**Class 3:** What you see is what you reach for- who is in the driver's seat? Your mood or the food? Learn how to be the one in control! Sampling new ideas included!

Dates: Mon. 3/11 6:00P-7:30P OR Sat. 3/16 10A-11:30A

**Advance registration required.**

Stop by any Front Desk or register online

Fee: \$20/class (enroll in one or all 3 classes)

Enroll today-space is limited!

Questions? Call 316-776-8176 or [tammi.krier@ymcawichita.org](mailto:tammi.krier@ymcawichita.org)

Front Desk program code: 19MONTH 02HE

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