FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOOD VS. MOOD...

GETTING YOU IN CONTROL

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!

DOWNTOWN YMCA

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

Advance registration required- at Front Desk or online (space limited)

Fee: $20 (member)/$40 (non-member)

Enroll today-space is limited!

Questions? Call 316-776-8176 or tammi.krier@ymcawichita.org

Front Desk program code:19Mar 02HE

GREATER WICHITA YMCA
ymcawichita.org

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