

Tell a Friend!!!

FREE HEALTHY COOKING on a BUDGET Classes for Adults

Learn about healthy food choices and cooking options to maintain a healthy lifestyle



- ❖ Eat Healthy with Flavor
- ❖ Stretch Your Food Dollars
- ❖ FREE Cooking Lessons with a Culinary Instructor
- ❖ Nutrition Coaching
- ❖ FREE Take Home Groceries
- ❖ Fun, Hands-on-Learning

You Must Attend All Six Sessions

Wednesdays, July 2, 9, 16, 23, 30, August 6 & 13

10:00 pm – 12:30 pm

824 N. Hamlin Ave

Call Kelly Hall YMCA at 773 886-1220

Register Now to Reserve Your Spot Today!!