



HEALTHY STARTS HERE

Lunch and Learn at the East Area Family YMCA

Nutrition and Diet Topic: April 5th 12pm- 1pm: Eating to Fuel Your Workouts

Did you know, that what you eat before, during and after workouts can impact your performance? Eating well not only gives us nutrients and keeps us healthy, but helps us maximize our exercise potential. Attend this months lunch and learn and find out what to eat to fuel your body. Our Y dietitian will give you helpful information to achieve your goals.*Bring your own brown bagged lunch

(18ONG Code: 0411BRWNBAG2)

*Price: \$6 Family Member; \$7 Youth/Single Member; \$9 Nationwide/Non-Member