



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A Healthy Cooking Journey

Jackson R. Lehman Family YMCA



New Year. New You. Are you ready to make healthier eating choices, but not sure what meal plan is the best option for you? Our instructor Kizmet Byrd will teach you how to make a main dish and side dish for the Whole 30, Vegan, Keto, Flexitarian, Vegetarian, Mediterranean, and DASH diets. Participants will also receive a fact sheet and resources for each diet plan. This class will help you find the best meal plan option for mindful healthy choices.

Monday Nights beginning January 7, 2019

6:00pm to 8:00pm

Open to ages 14 and up

Members: \$45.00

Program Participants: \$90.00

For questions or more information, contact the Jackson R. Lehman Family YMCA at
260.755.4949 or visit us on the web at www.fwymca.org