



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUPER SALAD



## WINTER 1 COOKING CLASS JACKSON R. LEHMAN FAMILY YMCA

Winter brings cold weather, cozy blankets and a warm bowl of soup and salad. Who says salads are just for summer time? Join Chef Ali as she teaches you hands on how to make fresh soups and stews such as a Hearty Harvest Stew. Learn to pair the soups and stews with delicious and nutritious winter salads such as Apple Cranberry Bacon Candied Walnut Salad.

**Pre-registration required, space is limited!**

**When : Tuesdays**

**Starting January 7, 2019 - February 24, 2019**

**Time: 6:00 to 8:00 pm**

**Open to ages 14 and up**

**Members: \$45.00**

**Program Participants: \$90.00**

For questions or more information, contact the Jackson R. Lehman YMCA at 260.755.4949 or visit us on the web at [www.fwymca.org](http://www.fwymca.org)