

TO YOUR HEALTH

Teresa Gjendem, Registered Dietitian
presents

Fridays, 11:30 am - 1 pm
Club Room A

- ~ **December 4** Healthy Eating for Diabetes
- ~ **January 8** Truths + Myths of Dietary Supplements and Vitamins
- ~ **February 5** Healthy Eating for Weight Loss
- ~ **March 5** Heart Healthy Eating

FREE
AND OPEN
TO THE
COMMUNITY

Registration required at the
Member Services Desk.

For more information contact **Dana Oliver** at
425-485-9797 or doliver@seattleyymca.org

Everyone is welcome. Financial assistance is available.
The YMCA of Greater Seattle is a charitable, non-profit membership
organization serving King and south Snohomish counties since 1876.