



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REALIZE YOUR HEALTH GOALS



FREE Nutrition Workshops
FOND DU LAC FAMILY YMCA

In partnership with
FreshFit Meals

Free monthly nutrition workshops, focused on a health topic, offered the 3rd week of each month. They are free and open to both Y members and the community.

WHEN: Mondays 5:30-6:15 pm and Tuesdays 11:15 am-12:00 pm
DATES: The 3rd week of each month
LOCATION: FOND DU LAC FAMILY YMCA BOARD ROOM
90 W. Second Street, Fond du Lac, WI
MJ Neumann, Healthy Living Director, 920.921.3330 x336
fdlymca.org

January 15 & 16	Strategies for Weight Loss	July 16 & 17	Cooking for One or Two
February 19 & 20	Heart Healthy Eating	August 20 & 21	Good Nutrition for Pregnancy
March 19 & 20	Nutrition Needs as We Age	September 17 & 18	My Healthy Plate
April 16 & 17	Addressing Empty Calories	October 15 & 16	Nutrition to Reduce Cancer Risk
May 21 & 22	Fuel Your Body for Performance	November 19 & 20	Diabetes Explained & How to Prevent
June 18 & 19	Healthy Eating for Kids	December 17 & 18	Make Your Resolution Last Longer