



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY EATING AND NUTRITION LEARN THE FACTS

BALANCED HEALTH SERIES
Information for your overall wellness.



THURSDAY, MARCH 21, 2024
12:00PM – 1:00PM
FOND DU LAC FAMILY YMCA



FREE!

Open to Y members and the community.
Register online or by calling
920.921.3330.



PRESENTER:

**Jennifer Clausen, Clinical
Dietitian, SSM Health Nutrition
Services**

A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes, and cancer. Join Jennifer Clausen, SSM Health Clinical Dietitian, as she shares the importance of meal planning and preparation, food shopping and reading labels (with some practice on label reading!).

FOND DU LAC FAMILY YMCA
90 W 2nd Street
Fond du Lac, WI
fdlymca.org



SSMHealth.