

Nutrition Links Class

What will I learn?

- How to stretch your food dollars
- How to plan and cook healthy meals
- How to be active every day
- How to read labels
- How to make healthy drink choices

Who may come to this **FREE** class?

Parents or full time caregivers of children under 18 years of age



This publication is available in alternative media on request.

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Weekly classes will be held at
Chambersburg YMCA
570 E. McKinley Street
Chambersburg, PA
Teen Center

Mondays: May 15th, 22nd,
June 5th, 12th and 19th
6:30-8:00 p.m.

Must pre-register: Chambersburg
Y front desk or call 263-8508

Each week's classes will
prepare a low cost healthy
recipe to taste

Please note: All participants
completing the classes will
receive a Penn State certificate
of completion and incentive gifts

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College of Agricultural Sciences



Chambersburg YMCA