



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



COOKBOOK CLUB

BOOK CLUB NEVER TASTED SO GOOD!

Mondays, starting January 8th, a small group of individuals hungry for fellowships, nutrition education, and fun family-friendly recipes will come together to share a meal and discuss ways to elevate and simplify it! Various nutrition coaches will come together and join the class to provide their expertise and assistance on ways to boost nutritional value all while helping to make the dish work for your home!

Participants will be asked to make one dish for the group and bring it in to share. This task will rotate weekly for 5 weeks. The Cookbook Club will run January 8th through February 5th.

Sign up with a friend or come alone! Registration closes January 1st! Sign up during our Preview Night, December 4th from 5:00-6:00pm, and get a \$10 discount! Everyone that signs up will get a cookbook!

www.statelineymca.org/cookbook

LOCATION
IRONWORKS BRANCH
KERRY ROOM

TIME
MONDAYS
JAN. 8- FEB. 5
5:00-6:00PM

TAKEAWAYS
COOKBOOK
FELLOWSHIP
FOOD
NUTRITION EXPERTISE

COST
MEMBERS \$60
NON-MEMBER \$75