



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



COOKBOOK CLUB

BOOK CLUB NEVER TASTED SO GOOD!

Mondays, starting September 18th, 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 from September 18th through October 16th.

Sign up with a friend or come alone! Registration closes September 12th! When you sign up with a friend, you BOTH get a \$10 discount! Everyone that signs up will get a cookbook!

www.statelineymca.org/cookbook

LOCATION

IRONWORKS BRANCH
KERRY ROOM

TIME

MONDAYS
SEPT. 18- OCT. 16
5:00-6:00PM

TAKEAWAYS

COOKBOOK
FELLOWSHIP
FOOD
NUTRITION EXPERTISE

COST

MEMBERS \$60
NON-MEMBER \$75