



HEALTHY HOLIDAYS

LEARN HEALTHY HABITS
DURING OUR HOLIDAY
COOKING CLASSES!

WHERE?

KERRY NUTRITION ROOM
Ironworks Branch

CLASSES

NOV. 17 : **HEALTHY SIDE DISHES**
6:00pm - 7:00pm
[ADULTS 18+]

Learn how to cook three healthy side dishes for your Thanksgiving feast! Heather will go in-depth about the ingredients and how to cook each dish. Participants will get to taste the creations and take recipes home to recreate!

DEC. 10 : **HEALTHY CHOICES**
9:00am - 10:00am
[PARENT + CHILD(ren)]

Brande will teach participants a fun, easy way to categorize food to help make healthier choices. Enjoy a hands-on activity for parents and children to complete together. The class will end with making a healthy, holiday themed snack for everyone to enjoy!

MEMBERS \$30 | COMMUNITY \$40

statelineymca.org/cookingclasses