



CHOOSE HEALTHY

Beyond Limits Kitchen: A Introduction to Inclusive Cooking Jackson R. Lehman Family YMCA



Join our cooking and nutrition class, helping individuals lead healthier lifestyles in spirit, mind and body! Participants will learn about the importance of nutrition balance, create a variety of healthy recipes, food-related crafts, and basic cooking skills. This class is specifically designed to be inclusive for those of all abilities.

When: Tuesday, March 12th-April 2nd
Time: 5:30-6:30pm
Cost: \$25 members; \$50 program participants

**Questions? Contact Rebekah Coffey, Director of Adaptive Services, at
rebekah_coffey@fwymca.org or 260-755-4961.**