



Free Older Adult Nutrition Lessons

Bethany YMCA, 3400 N Mueller, Bethany, OK 73008

Mondays @ 12:15pm March 1, 15, 29 April 12, 26

Don't miss the opportunity to learn how you can...

- **Plan more nutritious meals**
- **Prepare, eat, and enjoy delicious foods that are good for you**
- **Manage your grocery money more efficiently**

Classes include:

FIX IT FAST

MY PYRAMID

PLAN, KNOW WHATS FOR DINNER

SHOP, GET THE BEST FOR LESS

FIX IT FAST, FIX IT SAFE

MORE FRUITS & VEGETABLES

SMART BREAKFAST CHOICES

SHOP, GET THE FACTS

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