

CHEW ON THIS



COMMUNITY HEALTH EDUCATION SERIES CHIPPEWA FALLS YMCA

Looking to clean up your plate? Join Certified Nutrition Coach and Personal Trainer, Tracey Quast, to discuss:

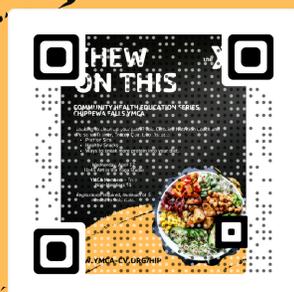
- Portion Size
- Healthy Snacks
- Ways to sneak more protein into your diet.

Wednesday, April 12
10:45 AM in the Yoga Studio

YMCA Members - Free
Non-Members \$5

Registration required, minimum of 5
needed to hold class.

REGISTER HERE:



WWW.YMCA-CV.ORG/HIP

