

the  **MEAL
PREPPING**
MADE EASY

Watch, Taste, and Learn
real life meal prepping
and healthy cooking tips
and tricks, plus get take
home recipes.

3 CLASSES TO CHOOSE FROM. OPEN TO THE COMMUNITY.



May 18, 2019
10am-11:30am
**Healthy Crowd
Pleasers...** Just in
time for BBQ season!



June 1, 2018
10am-11:30am
Sheet Pan Combos...
Meal Prepping or
feeding a family can't
get any easier!



June 15, 2019
10am-11:30am
Guilt Free Desserts...
because everyone deserves
to indulge once in a while!

**YMCA
Child
Watch
Available!**

Sponsored By:

BOTTINO'S



Serving Cumberland County

**Where Wellbeing
Meets Everyday
Life.**

Come get recipes
and expert advice
from Gillian Kelly,
Registered
Dietician

**REGISTRATION FEES PER CLASS: \$5 Facility Members,
\$7 Program Members, \$10 Community Members.**

CUMBERLAND CAPE ATLANTIC YMCA

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