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JUMP START TO A HEALTHY NEW YEAR

Nutritional Information Pop Up Event INDIAN VALLEY FAMILY YMCA

Join us as registered Dietician, Barbara MacFarland, MPH, RDN, LDN, from Stonewell Nutrition, LLC, touches on popular diets (the good and the bad), healthy snacking and how to read food labels (down to the nitty gritty). Our registered Dietician will also discuss foods to include in your daily diet and foods to steer away from.

WHEN: Thursday, February 23, 2023
TIME: 5:00-6:00pm
LOCATION: INDIAN VALLEY FAMILY YMCA
INTERGENERATIONAL ROOM
890 Maple Avenue
Harleysville, PA 19438
For more information contact:
WendyM@NorthPennYMCA.org



INDIAN VALLEY FAMILY YMCA

890 Maple Avenue, Harleysville, PA 19438 | 215-723-3569 | www.NorthPennYMCA.org