



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LUNCH N LEARN

with Registered Dietician, Tianna Hamm

11:15–12:15pm

February 28: Hearty Kale and Beef Chili

**March 27: Salmon Cakes and Roasted
Root Vegetables**

April 24: Spring Rolls with Peanut Sauce

**COST: \$15/member
\$20/non member**



For more information, Contact Tianna Hamm: hamm@swcymca.org