

**SOUTH WOOD COUNTY YMCA**

# LUNCH & LEARN

Join Registered Dietitian Karrie Benda and enjoy a delicious, nutritious lunch! Karrie will prepare the meal, explain how it's made, and share its health benefits.

**Located in the Teaching Kitchen from 11:15 AM – 12:15 PM**

**Y MEMBER: \$15 | NON-MEMBER: \$20**



**AUGUST 27**

Honey Chipotle Shrimp  
Tacos w/ Cilantro Lime Slaw

**SEPTEMBER 24**

Greek Chicken Bowls w/  
Cucumber Feta Salad



**OCTOBER 29**

Deliciously Spicy  
Autumn Squash Soup



**NOVEMBER 19**

Pesto Turkey Salad w/ Cranberry  
Vinaigrette over Mixed Greens



**Register at [swcymca.org](http://swcymca.org) or 715.818.9622 • Must register by Monday of that week**



Jacob Klatkiewicz



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