

SEPTEMBER 11

Italian Sausage & Grape
Tomato Skewers w/ Ratatouille

OCTOBER 9

Smoky BBQ Chicken Sandwich
w/ Tangy Radish Slaw

NOVEMBER 13

Leftover Turkey Carnita Nachos

DECEMBER 11

Honey Crisp Apple Chicken Salad
w/ Fresh Honey Dijon Dressing



SOUTH WOOD COUNTY YMCA

MINDFUL EATING

Discover mindful eating for better health in this hands-on workshop. Each class includes a brief lesson, followed by preparing and enjoying dinner together.

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Located in the Teaching Kitchen from 5:00 – 6:30 PM

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

Register by Tuesday of that week by visiting swcymca.org or calling 715.818.9622



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