



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUTRITION SESSIONS

Join us each week as we discuss these 8 exciting topics!

Register at the front desk for any topics you wish.

Each session is from 5:00-6:00pm

FREE!!!

- **Top Healthy Foods: 2/21/13.** Get your nutrient bang for your caloric buck with these healthiest foods.
 - **Bacteria: 2/28/13.** Do you need more good bacteria in your body? Come find out signs and symptoms of a bacteria deficit.
 - **Color the Rainbow: 3/5/13.** Which colors mean what? Vary your vegetables. Which colors can fight cancer, prevent early aging, and help your heart.
 - **This or That: 3/7/13.** Discover some of the healthiest choices to make when your out to eat. Plus some of the lowest calorie and highest nutrient dishes from local restaurants.
 - **Easy as 1-2-3: 3/12/13.** Cant figure out how to round out your meal, get all the nutrients you need, and keep it low calorie? Then you don't want to miss this! Find out how easy being healthy can be.
 - **Spice it Up: 3/14/13.** Learn what spices can not only make your meal more interesting, but can aid digestion, increase metabolic rate, fight fat, detoxify your liver and increase your health.
 - **What is Vitamin D: 3/19/13.** Are you getting enough vitamin D? How do you know? Come find out if your getting enough and if you should supplement.
 - **Nutrition Myths: 2/19/13.** True or False? Find out if your nutrition tips and tricks are too good to be true, and help bust the myths that are out there now.
- For more information please contact Megan Waterson, YMCA Cape Cod Nutritionist, for more details.
508 362 6500 x 107 or email mwatter-son@ymcacapecod.org



YMCA CAPE COD. 2245 Iyannough Road. West Barnstable, MA 02668