



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# START YOUR DAY THE HEALTHY WAY

## Midweek Meal Prep

It can seem overwhelming to make your meals in advance, but can save you stress in the long run. We're here to show you how to prepare multiple meals in just two hours. It can save you hours of work during the week and give you more time to spend with your family!

Participants must register at the YMCA front desk and bring 6 containers to take their meals home. Members and potential members are welcome.

**January 16, 2019**

**6:00pm - 8:00pm**

Cost: \$30 per class

Minimum: 5 participants

Limit: 10 participants

Registration open until Jan. 14, 2018

Classes held in Y-Zone kitchen.



**SUMTER FAMILY YMCA**

510 Miller Road  
Sumter, SC 29150  
803-773-1404  
ymcasumter.org



**Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**