



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SIMPLY GOOD EATING FREE!

August 29–October 17

SECOM

Mondays from 1:00–2:00PM

Adults come out and learn about some smart cooking basics. This will be a great chance to practice healthy cooking, eat, and have fun!

SEE YOU THERE!

Contact Ruthie Paulson to register!

616-401-7179



SECOM
South End Community Outreach Ministries



YMCA Mission Statement: To put Christian principles into practice
Financial assistance is available to those who qualify.



POR LA FORMACIÓN DE NIÑOS Y JÓVENES™
POR UNA VIDA SALUDABLE
POR LA RESPONSABILIDAD SOCIAL

SIMPLEMENTE COMIENDO SALUDABLE ¡GRATIS!

29 agosto-17 octubre
SECOM
Los lunes 1:00-2:00PM



Adultos vengan para aprender sobre algunas bases acertadas de la cocina. ¡Esto será una buena oportunidad para practicar la cocina saludable, comer, y divertirse!

¡AHI NOS VEMOS!

Llame a Ruth para apuntarse:
616-401-7179

