



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUGAR BLUES

## NUTRITION WORKSHOP

Sunday, March 4  
12 to 1:30 PM

*16 yrs+*

*Studio A*



**"All I really need is love, but a little chocolate now and then doesn't hurt!"** - Lucy Pelt

Deconstructing cravings while curbing that sweet tooth and nutrition facts on how much sugar is REALLY in what you're consuming. Registration required.

*Member \$10*

*Potential Member \$20*

**CENTRAL BUCKS FAMILY YMCA**

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