

health & wellness

YMCA
of Greater Houston

IT'S A GREAT PLACE TO BE HEALTHY

HEALTHY HAPPY HOUR

@ the M.D. Anderson Family YMCA

Presents:

My Fit Foods

Nutritionist Talybra Hollins will be offering a nutritional program based on creating healthy eating habits for you and your family. Come try sample meals and learn how to better nourish your body.

This is a program the whole family can participate in!



Wednesday
September 8th
7:00pm
At the Y

Questions? Please visit the
Welcome Center or
sherryb@ymcahouston.org

Visit My Fit Foods online
www.myfitfoods.com

It's time to say Cheers to your Health!

FREE FOR ALL PARTICIPANTS

**Don't Miss Out on Valuable Information and
Tasty Snacks!**