

Meal Planning for Busy Families

Do you scramble to put a meal together at the end of your busy day? Do you feel like you serve the same foods over and over again? Do you feel like your family could be eating healthier? A meal plan could be just what you need to feel better about your family's health. In this class, Bethany Newell, Registered Dietitian and mother of three, will teach you how **fun and creative** meal planning for your family can be while operating within a budget and keeping in mind your busy schedule. Come learn an essential skill that will last a lifetime.

Registration: Session I – December 1 to January 20
Session II – December 1 to March 23
Fee: Resident \$20.00/Non-Resident \$21.00 (Tax Exempt)
Date: Session I – January 23
Session II – March 26
Time: 6:30 pm – 8:30 pm
Ages: 18 and older
Location: Eggan Youth Center
Instructor: Bethany Newell, RD LD
Min/ Max: 5/25