



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIX AND MEASURE

**FREE Family Cooking Classes
EXETER AREA YMCA**



Affordable and flavorful meals for the whole family on the **first Friday of each month, from 6:00–7:30 PM! Join us on January 5!**

Learn quick and easy home style meals, cook with your family members, and then enjoy your meal.

After class is over, bring home a **FREE** bag of groceries with the ingredients to make it again!

REGISTER BY JANUARY 3
Please contact Deanna Graham
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Deanna@sdymca.org

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