

NUTRITIOUS, DELICIOUS and PORTABLE!!!

“MAKE A SALAD IN A JAR” NIGHT!! -- at the Y!

With Y instructors Abby, Tara, Catherine and Romee !



MASON JAR MEALS

(how clever is this?!)



6PM THURS., JULY 19 and 26

(Please note: NO CLASS JULY 12th)

FRESH Healthy Ingredients & 2 JARs included !!!

Members- \$15. Non Members- \$20. Sign up by WEDS. prior.

