



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ENSURE GOOD HEALTH



LINDA RO

## 10-Week Healthy Living Lecture Series

Nutrition for the 3rd half of your life.

Every Thursday, beginning February 9th

2:00 pm • Community Room 2

### Week 1: The Mediterranean Diet vs. My Plate

with Linda Ro, MS in Nutrition in Public Health, RDN, LD  
Community Dietitian, Ohio Department of Health

Week 2: Portions-Smportions-What's the difference from a serving

Week 3: Fruits, Vegetables and Fish

Week 4: Good Fats/Bad Fats and the new scandal on sugar

DAVIS FAMILY YMCA • 45 McClurg Rd • Boardman, OH 44512

330-480-5656 • [YoungstownYMCA.org](http://YoungstownYMCA.org)

FREE & OPEN to Community

Please bring a Smart Phone if you have one