



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.

Thursdays at 2:00 pm Through April 13th  
Community Room 2

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

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