



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**LET'S  
ALL BE  
INFORMED**



**Adult/Senior  
Munch and Learn  
Making Wellness Easy in 2018  
with Dr. Andria D'Amato  
Red Lotus Holistic Center**

**Tuesday, January 16th • 11:00 a.m.–12:00 p.m.  
Training Room • Light Snacks Provided  
Registration Required (space is limited)  
Free and Open to Community  
DAVIS FAMILY YMCA**