



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TALK ON METABOLISM

Munch and Learn Social Connection

**Speaker: Jeannie McConnell-Copploe
Pinnacle Health Concepts**

**Topic: How to figure out
your max heart rate and
metabolic calculation.**



**Jeannie
McConnell-Copploe
Pinnacle Health Concepts**



CENTRAL YMCA

**Join us on Wednesday, June 20, 2018
10:00 a.m.**