



YMCA

We build strong kids,
strong families, strong communities.

YMCA BUFFALO NIAGARA

Contact: Kathy Vallone, Communications Director, Northeast Family YMCA

For immediate release – 12/31/08 (716) 565-6000 ext. 112

Northeast YMCA Offers 4 Session Nutrition Series

(Amherst, NY) - The Northeast Family YMCA Branch is pleased to offer a 4 session Nutrition Lecture Series on Thursday evenings beginning January 15-February 26. The program will run from 7:30-8:30 p.m. and is FREE to YMCA members and is only \$7.00 for non-members. All are welcome to join us at the Northeast Family Branch (4433 Main St., Amherst) for these fun and informative lectures.

January 15 - Nutrition Essentials: What your body needs

January 29 - Sizing Up Servings and Labels

February 12 - Picky Eaters

February 26 - Healthy Eating on the Run

For more information please contact the Northeast Family YMCA Branch at 839-2543.

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. As a dynamic, charitable, community-based organization led by volunteers, YMCA Buffalo Niagara has been able to assist tens of thousands of youth, families, and senior citizens so that they can take part in YMCA membership programs.

YMCA Buffalo Niagara serves more than 50,000 people annually through its association of eight branches across Western New York. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org.

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