



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MONTHLY HEALTHY COOKING EVENTS

## Hosted by Scarlet Brady

Join us **one Thursday** a month, as Scarlet presents healthy eating topics, brings in special guests, and shares delicious recipes and ideas.

FREE & Open to the Community! Bring a Friend!

April 13-Healthy Kids Lunchbox ideas

May 11- Arthritis Awareness Month –Eating to Reduce Inflammation

June 8-Men’s Health-Grilling Ideas

July 13- Independence Day-Being Independent of Food Addictions (Salt-Sugar-Fat)

August 10-Friendship/Healthy Relationships-Sharing Recipes

September 14-Childhood Obesity Awareness-Snack & Fast Meal alternatives to drive thru

October 12-Breast Cancer Awareness-Eating to Prevent Cancer

November 9-Diabeties Awareness Month-Thanksgiving Recipes

December 7-Holiday Season of Giving -Holiday Recipes

**TIME:** 6:00pm-7:00pm

**LOCATION:** RANDOLPH-ASHEBORO YMCA  
343 Hwy 42 N, Asheboro 27203  
336-625-1976; [www.randolphasheboroymca.com](http://www.randolphasheboroymca.com)