



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY COOKING MADE EASIER

COOKING MATTERS
CLEAN EATING 101
TIFFIN COMMUNITY YMCA

CLEAN EATING 101:

LEARN ABOUT THE BENEFITS OF EATING WHOLE, NON-PROCESSED, DELICIOUSLY SIMPLE FOODS AND HOW TO INCORPORATE THEM INTO YOUR DIET. THIS IS AN INFORMATIVE AND PRACTICAL 60 MINUTES DISCUSSING SOUND NUTRITION PRINCIPLES, EASY TIPS AND TRICKS FOR INCORPORATING MORE PLANTS INTO YOUR DIET, AND AN EASY RECIPE DEMONSTRATION THAT YOU CAN SAMPLE! HANDOUTS AND RECIPES WILL BE PROVIDED!

MEET ANNE KLAUKE:

THE Y IS HAPPY TO WELCOME ANNE KLAUKE, A TIFFIN NATIVE, TO BRING A MUCH NEEDED MISSING PIECE TO OUR Y, NUTRITION! ANNE WEARS MANY DIFFERENT HATS IN THE HEALTH AND WELLNESS INDUSTRY. SHE IS A REGISTERED DIETITIAN, PERSONAL TRAINER, GROUP FITNESS INSTRUCTOR, AND HEALTH CORRESPONDENT/WRITER FOR THE REELHEALTH NETWORK. ANNE HAS A MASTER OF SCIENCE IN NUTRITION WITH A MINOR IN EXERCISE PHYSIOLOGY FROM OHIO UNIVERSITY AND A BACHELOR OF SCIENCE IN DIETETICS FROM BOWLING GREEN STATE UNIVERSITY. HER DIETETIC INTERNSHIP WAS COMPLETED AT MIAMI VALLEY HOSPITAL IN DAYTON, OHIO AND SHE IS CERTIFIED THROUGH THE COMMISSION ON DIETETIC REGISTRATION. ANNE IS ALSO CERTIFIED THROUGH THE AMERICAN COUNCIL ON EXERCISE (ACE) FOR BOTH GROUP FITNESS AND PERSONAL TRAINING.

CLASS INFORMATION:

SATURDAY OCTOBER 27, 2018 FROM 11AM-1PM
M: \$10 PP:\$20
MUST HAVE 10 PARTICIPENTS TO HOST THE CLASS
CONTACT CARRIE, CSMITH@TIFFINYMCA.ORG, WITH QUESTIONS.

