EAT WELL
BE WELL
Talks to Help You Lead a Healthier Happier Life
Midway YMCA

May Series:

Prebiotics and Probiotics: What are they and what are the health benefits?
Wednesday May 10 5pm  |  Tuesday May 23 5:30pm

Hydration for Better Health
Saturday May 20 11am

Making Kombucha
Wednesday May 17 Noon

All talks are free and meet in the Healthy Living Kitchen. Sign up at member services to reserve your spot.

Detailed information on back page.

Questions: Contact Cathy Quinlivan:
Catherine.quinlivan@ymcamn.org
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 Talks to Help You Lead a Healthier Happier Life

Our free wellness series will focus on topics to help you improve your health and wellness for you and your family. Topics will change monthly and range from learning about good nutrition, boosting metabolism, stress management, grocery shopping for good health and mindfulness meditation to name a few. All talks take place in the Healthy Learning Kitchen and are taught by team members and professionals who are doctors, nutritionists, personal trainers, diabetes prevention coaches, and wellness coaches. Talks are 45 minutes long unless otherwise noted.

May:

Prebiotics and Probiotics: What are they and what are the health benefits?
Wednesday May 10 5pm | Tuesday May 23 5:30pm  Christina Borg

PRObiotics are the live bacteria naturally found in your digestive tract that help filter out harmful things during digestion. PREbiotics are the plant particles that nourish bacteria and help it flourish. Learn about the health benefits of both and the best food sources where these can be found.

Hydration for Better Health Saturday May 20 11am  Fatima Ali

Learn about the benefits of staying hydrated, especially during the summer months. Find out why it is best to drink water as opposed to other liquids.

Making Kombucha Wednesday May 17 Noon Cynthia Ellickson

Come hear about one of the most popular new drinks to help your body boost its natural immune system and aid in digestion. Cynthia, our Membership Director, will teach you how to make kombucha at home!