



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HARNESS THE POWER OF REAL FOOD



EAT WELL. BE WELL.

TEACHING KITCHEN OFFERINGS



HEALTHY TIPS, TRICKS, CLASSES, RECIPES, AND MORE!

TEACHING KITCHEN OFFERINGS:

At the Y we know that healthy lifestyles and well-being goes beyond just working out - but is also achieved in the kitchen!

We have a variety of Teaching Kitchen offerings throughout the year including a virtual series, as well as various in-person classes, demonstrations, workshops and more taught by certified Y coaches.

CONNECT WITH US FOR UPCOMING TEACHING KITCHEN OFFERINGS!