MISSOURI FOUNDATION FOR HEALTH

Healthy Schools Healthy Communities

LET'S BUILD A HEALTHIER FUTURE

the YMCA

WEDO SEPTEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					01 Fresh Fridays @ Dellwood Rec Center, 3-6pm	**02**
03	**04**	**05**	**06**	**07**	**08** Fresh Fridays @ Dellwood Rec Center, 3-6pm	**09**
10	**11**	**12**	**13** Cooking Matters for Families @ RGHS, 6-8pm	**14**	**15** Fresh Fridays @ Dellwood Rec Center, 3-6pm	**16**
17	**18**	**19**	**20** Cooking Matters for Families @ RGHS, 6-8pm	**21** PIE Meeting w/ EarthDance @ Emerson YMCA, 9-10:30am OR 6-7p	**22** Fresh Fridays @ Dellwood Rec Center, 3-6pm	**23** Self-Care Saturday, @ Emerson YMCA, 10a-12p
24	**25**	**26**	**27** Cooking Matters for Families @ RGHS, 6-8pm	**28**	**29** Fresh Fridays @ Dellwood Rec Center, 3-6pm	**30**

For more information contact:
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