



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Weekend Meals!

Every Saturday

11am — 1pm

Corpening Memorial  
YMCA



**Join us for healthy food and fun activities: arts and crafts, book club, and rock climbing!**

**Free for anyone under 18.**

**Y membership not required to participate.**

**For more information on accessing food and/or volunteering with the program visit:**

**[www.ymcawnc.org/nutritionprograms](http://www.ymcawnc.org/nutritionprograms)**

**»ymcawnc.org«**

**YMCA OF WESTERN NORTH CAROLINA**