



# YMCA COMMUNITY HEALTH 2020 CULINARY CALENDAR

The YMCA offers virtual health promotion programs. These are open for anyone to participate, and are either free or offered on a sliding scale payment model.



### How To Register:

- Email Kimberly.Pedro@ymcad.org
- Call 202-750-4011
- Go to [ymcad.org/easytoenroll](http://ymcad.org/easytoenroll)
- Scan the QR code to the left

### Program Fees:

Those who qualify for SNAP, WIC, and TANF are eligible for reduced rate pricing. Do not let cost prevent you from participating. If you need assistance, please email Kimberly.Pedro@ymcad.org. Cooking classes are free unless otherwise noted.

**Blood Pressure Self-Monitoring** is for those with high blood pressure. It is a 4-month program where participants will receive: coaching to track blood pressure at home, two 10-minute one-on-one check-ins per month, and monthly nutrition seminars. Participants will receive their own blood pressure monitor. New cohorts begin quarterly.

**Diabetes Prevention Program** is for those who are pre-diabetic. It is a year-long programs with 25 support classroom sessions. Participants learn about healthy eating and increasing physical activity to reduce risk of diabetes. We accept private insurance.

**Culinary and Nutrition Education** is for those looking to increase their cooking skills and nutrition knowledge. We offer cooking classes for kids, adults, seniors and families. We offer series and one-time drop-in classes; many are free.

**Dietetic Counseling** is for anyone who would like to speak with a Registered Dietitian for a personalized nutrition care plan to meet their unique health outcomes. We offer sliding scale packages of three, six and nine sessions. Schedule an appointment by emailing [Caroline.Schmalz@ymcad.org](mailto:Caroline.Schmalz@ymcad.org).

## Fall & Winter Program Calendar:

### SEPTEMBER

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### OCTOBER

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### NOVEMBER

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### DECEMBER

Su	M	Tu	W	Th	F	Sa
				1	2	3
				4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FREE Adult Series Cooking Class

Diabetes Prevention Program

FREE Adult 1-Time Cooking Class

Fee-Based Adult Cooking Classes

Blood Pressure Self-Monitoring



Scan your phone here to link to the full calendar, which includes times.