



Virtual tour with the **YMCA and** **Live POUND® Class!**

Join us as we tour the YMCA and provide a live POUND® class.

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Channel your inner rockstar with this full body cardio jam session.

Nutrition educators will also provide a nutrition lesson on protein. Participants will be able to:

- Identify the most important nutrient found in the protein food group.
- Identify one health benefit of protein.
- Identify three lean foods from the protein food group.



Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit CalFreshHealthyLiving.org for healthy tips.

March 11, 2021
10 - 11 a.m.

Audience

Students K-8

Cost

No cost to participants.

Registration

<http://sbcss.k12oms.org/1295-199300>

Transforming lives through education

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