



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOMWOOD-BRUSHTON YMCA
7140 Bennett Street
Pittsburgh, PA 15208
412 243 2900

HOMWOOD-BRUSHTON YMCA

**YMONDAY
MADNESS
IN MARCH**

**MARCH
- 2019 -**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Start your Healthy Living Journey As a member of the Y, our staff will help you every step of the way along your Wellness Journey. In fact, you have a complimentary 30-minute Wellness Consultation with one of our certified trainers to understand how to reach your healthy living goals. Schedule yours today at the Welcome Center.</p>					1	2 Cycling Class 9:00a.m. Cycling Studio Enjoy a fun ride with Aaron
3	4 Volleyball Night in the Gym Join us in the gymnasium for pick-up volleyball!	5	6 TAX TIME Dial #211 to get a tax appointment scheduled at our Homewood Y	7 Yoga 6:15-7:15p.m. Bring a friend and stop-in to our evening Yoga class!	8	9 Parent's Night Out 6:00-10:00p.m. Kids enjoy a mini camp, dinner and games while you enjoy a night out! Register today.
10 2019 SUMMER DAY CAMP BEST. SUMMER. EVER.	11 Senior Try It! 9:30-10:30a.m.	12	13	14 Community Food Bank 11:00a.m.-1:00p.m. In the Community Room	15 JOIN OUR TEAM pittsburghymca.org/careers	16
17 HAPPY ST. PATRICK'S DAY SELECTION SUNDAY Register your bracket with the Y. Visit the Welcome Center for Details.	18 St. Patrick's Day Celebration Wear green to your workout and bring a guest for a fun day at the Y!	19 TOURNAMENT BEGINS Enter the bracket challenge to win a free month of membership!	20	21 Resume Builder 9:00a.m.-2:00p.m. Visit our employment center to update your resume and get valuable hiring tips	22 1 in 3 Americans is at risk for developing type 2 diabetes. The Y can help - Find out if you're at risk today. ALERT! DAY	23
24	25 Half Court Shot Contest 6:30-8:30p.m. Win a complimentary wellness consult by shooting the most half court shots in two minutes! Open to all ages.	26	27	28 Community Food Bank 11:00a.m.-1:00p.m. In the Community Room	29	30



Healthy Kids Day®

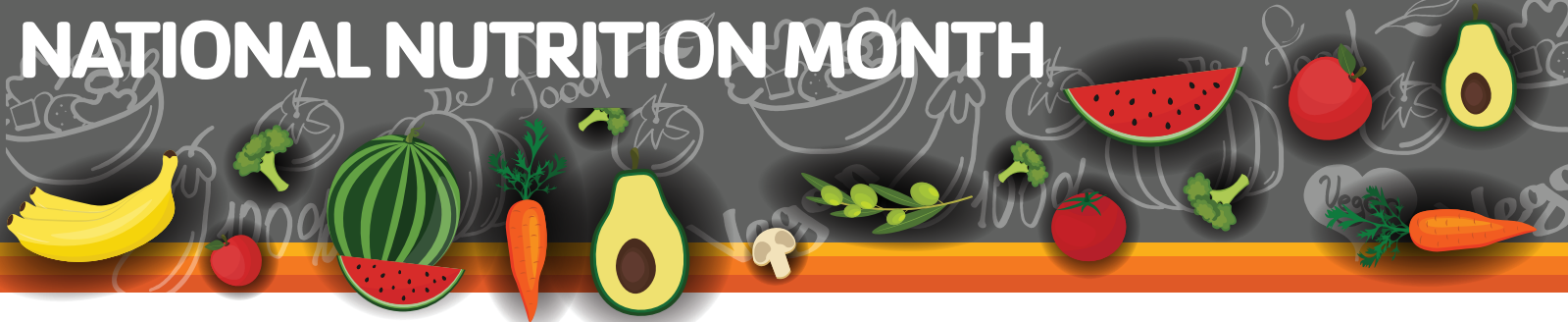
**AWAKEN
SUMMER
IMAGINATION!**
Saturday April 27

Free & open
to the public!

NATIONAL
SPONSOR



NATIONAL NUTRITION MONTH



National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Look for healthy recipes and nutrition tips all month long in your email and at the Welcome Center!

TABBOULEH STUFFED PEPPERS

INGREDIENTS

- 1 cup bulgur
- 1 cup hot water
- ¼ cup olive oil
- 3 tablespoons fresh lemon juice
- 2/3 cup fresh parsley, chopped
- ¼ cup fresh mint, chopped (or 2 tablespoons dried)
- 1 clove garlic, minced
- ½ teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon hot sauce (or more if you like)
- 1 pound fresh sweet mini peppers

DIRECTIONS

- 1 Place bulgur in a 4 cup bowl and pour water over top; cover bowl and let stand for about an hour.
- 2 Whisk together olive oil, lemon juice, garlic, salt, coriander, cumin, parsley, mint and hot sauce; pour over bulgur.
- 3 Rinse peppers, cut in half lengthwise and remove seeds and stems. Fill pepper halves with tabbouleh.
- 4 These can be made a day ahead, covered and chilled.

