





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sampson Family YMCA
2200 Golden Mile Highway
Pittsburgh, PA 15239
724 327 4667

SAMPSON FAMILY 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>				<p>Hoops for Health all month. 3 in a row gets you a raffle entry for 2 personal training sessions including a meal plan.</p> 	<p>1 Private Small Group Cooking Classes Contact our Teaching Kitchen Coordinator for detail on scheduling a small group cooking class</p>	<p>2 CPR CLASS 8:00-11:00a.m. Community Room</p> <p>READ ACROSS AMERICA DAY</p> 
3	4 March Monday Meals at the Welcome Center - Stop and get your Meatless Monday Recipe	5 Aqua Arthritis Class 8:30-9:30 a.m. Focused on working with arthritis to help improve your ability to get around through the day	6 Vietnam Vets Support Group 9:00-11:00a.m. Conference Room		8	9
10	11 March Monday Meals at the Welcome Center - Stop and get your Meatless Monday Recipe	12 Girl Scout and Brownie Badge Cooking Classes Let our Teaching Kitchen Coordinator lead your group through the requirements needed to achieve their cooking badge.	13	14 St. Patty's Day Family Yoga 7:10p.m. Bring your matt and join in on a fun filled family yoga	15 Teen Scene 5th-8th graders 6:30-8:30p.m.	16
17 HAPPY ST. PATRICK'S DAY SELECTION SUNDAY Register your bracket with the Y. Visit the Welcome Center for Details.	18 OPEN HOUSE 5:30-8:00p.m. Enjoy light refreshments and a Medicare Seminar	19 TOURNAMENT BEGINS Enter the bracket challenge to win a free month of membership!	20 Vietnam Vets Support Group 9:00-11:00a.m. Conference Room	21 Spring into Fitness Bootcamp 6:00-7:30p.m. Details: Bootcamp with Jason to get you ready for spring time	22 Knockout Pig 6:00-9:00p.m. Take on our Healthy living Director in a game of Knockout Pig	23
24 JOIN OUR TEAM pittsburghymca.org/careers	25 March Monday Meals at the Welcome Center - Stop and get your Meatless Monday Recipe	26	27 Calling all Seniors- Classic Movie and Refreshments 1:45p.m. Come and enjoy a classic movie showing and refreshments.	28 BMI/BF Analysis All Day Wellness Floor All Day on the Wellness Floor. Get your Body Fat measured.	29 Parent's Night Out 5:00-8:00p.m. Enjoy a fun night out while we take care of the kids! Register today at the Welcome Center	30



Healthy Kids Day®

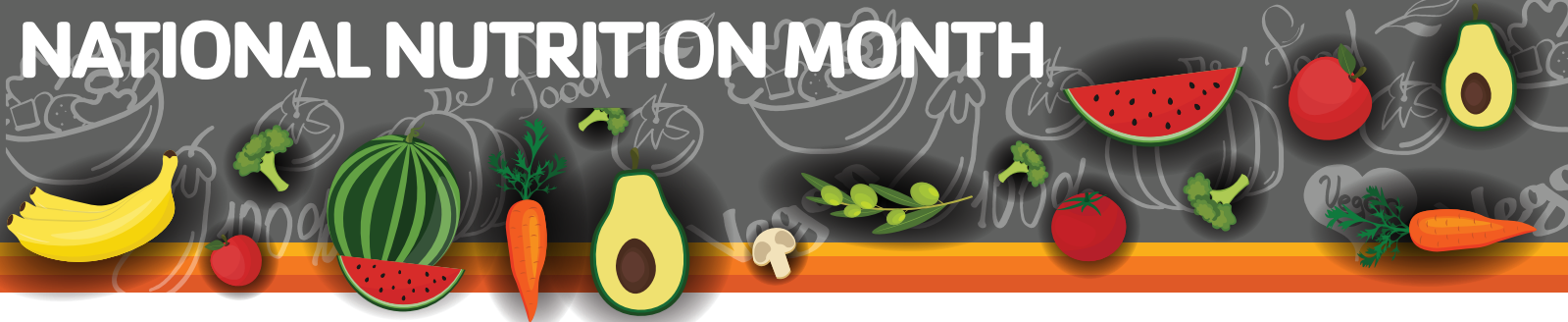
**AWAKEN
SUMMER
IMAGINATION!**
Saturday April 27

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.

