



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Deciphering Protein Powders

This class is for both individuals that already use protein powders or those that have never used protein powders but are curious as to what they are and their uses. It will cover basic protein powders and a couple of variant powders that could be used as meal replacements and all of the ingredients they contain. We will look at the amount of protein different individuals should consume on a daily basis. You can bring in labels from powders you are using if you want them assessed. This class runs intermittently throughout the year, For more information or to register please email Paul Discipio: pdiscipio@mvyymca.org

(978)685-3541 X413

Class Location: The Active Living Center on the lower level of the Andover/North Andover YMCA

Current Classes: Tuesdays August 6, 2024 & 13, 2024