



Bagels & Banter

Thursday, July 30th 8 – 9 am

Neighborhood YMCA at Woodfin

**\$10 per person, FREE to Chamber of
Commerce members**

**Featuring Leah McGrath, Ingles
dietician, giving tips for healthy
meals along with
Mayor Terry Bellamy.**

The YMCA of Western North Carolina is hosting Bagels and Banter, presented by Crescent PPO, with the Asheville Area Chamber of Commerce at the new Neighborhood YMCA at Woodfin on Thursday, July 30 from 8-9am. This event was formerly known as Doughnuts and Dialogue.

This is your chance to see the new Neighborhood YMCA at Woodfin and enjoy a quick and healthy breakfast. Leah McGrath, the Ingles dietitian, will discuss healthy meal ideas, and will be presenting with Mayor Terry Bellamy during the breakfast.

Bagels and Banter provides an opportunity for the YMCA to showcase the community-building work Pioneering Healthier Community Committees are doing in the Asheville area. Attendees will learn about a variety of groups including schools, businesses, and local government that are involved in making Asheville a healthier place to live, work, and play.

Check our website for additional event details www.ymcawnc.org. For more information, contact Kristen Weaver, director of association wellness, at (828) 210-9658 or kweaver@ymcawnc.org.

