



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FEBRUARY IS HEART HEALTH AWARENESS MONTH!

**JOIN THE Y IN SPREADING
AWARENESS FOR CARDIOVASCULAR
HEALTH ALL MONTH LONG!**



Monday, February 14th

WE ♥ OUR MEMBERS and recognize you for all you do to stay healthy at the Y! Thank you for being a member at the Y!

Wednesday, February 16th from 4:00pm – 4:30pm

COMMIT TO FIT WITH HEART HEALTH in our Community Meeting room. Led by Wellness Assistant Director & Personal Trainer Kwabena. Learn about cardio fitness for your heart, strength training, and heart health! Ask general health and fitness questions. In-Person or join us on Zoom! Contact Megan.Cooperman@ymcadc.org for the Zoom link.

Saturday, February 19th from 11:30am – 12:00pm

COMMIT TO FIT WITH HEART HEALTH in our Community Meeting room. Led by Wellness Assistant Director & Personal Trainer Kwabena. Learn about cardio fitness for your heart, strength training, and heart health! Ask general health and fitness questions. In-Person or join us on Zoom! Contact Megan.Cooperman@ymcadc.org for the Zoom link.

Tuesday, February 22nd from 3:00 – 4:00pm and 6:00 – 8:00pm

BLOOD PRESSURE SCREENING on-site in our Community Meeting room.

Questions? Please email Wellness Director Megan Cooperman at Megan.Cooperman@ymcadc.org.