

Y HEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

Healthy Spirit, Mind & Body Sessions

The Garden City Family YMCA has teamed up with local experts to provide the community with interactive sessions packed with useful information that will help you develop positive lifestyle changes and achieve a healthy spirit, mind and body!

Living a healthy lifestyle is more than just eating healthy and exercising. Each month, this local expert will share ideas and give you motivation to improve your spirit, mind and body!

FOR JANUARY 26, COME and LISTEN TO:

Julie Tull

Julie is a Registered Dietician, Certified Dietician and a Certified Diabetes Educator. She will be giving tips to help you keep 2010 a healthy year!

Where: All Sessions will be held in the YMCA meeting room from 7:00 p.m. to 8:00 p.m.

Costs:

Members	FREE
Program participants	\$5

Questions: For more information please contact Stacy Crase, Health & Fitness Director Stacy Crase at 620-275-1199 or gckymca.fitness@gmail.com
Or visit our website at www.gardencity.net/ymca

Choose to start making healthier choices so you can truly take advantage of life's opportunities! Be the example for your kids, parents, co-workers, community, and have FUN doing it with the YMCA Healthy Spirit, Mind & Body Sessions!

January 26: cole wasinger golf simulator

February16 – Julie tull nutrition

March 23: Dancing – Mike Popejoy

April 27: Talking to kids – Greg Greathouse?

May 9-15: Women’s health week

June 22: Incorporating health & wellness in the work place – Liz Sosa?

July 27: How to have an active Family – Troy Unruh?

August 24: Mary Kay – Mary Buckley