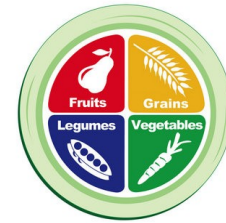


YMCA Wellness Workshop

For Adults:

Power Plate

"Nutrition Guidelines"



Tuesday, February 28

10:15 - 11:00 am (in the Y Wellness Center)

Amy Difabio, a Pediatric Physician from Guthrie will present fun and educational nutritional tips for parents and guardians of small children.

For Children:



Leap into Health Day

The Y childcare department will provide a fun filled morning in the gym for children age 2-5 years.

Tuesday, February 28

10:00 - 12:00 noon in the gym

Sign up at Y Welcome Center by February 24

Workshop is free for members and nonmembers.

Free childcare event for members

\$3.00 / child for nonmembers