

YMCA Wellness Workshop

Lou Barr Lunch and Lecture Series



"What's Your Story?"

Joanne Wietgreffe will present a workshop on:

"Ways to share stories and memories with your friends and family"

Thursday, March 8

11:30 - 1:00pm

(in the Y Wellness Center)

Salad Bar Lunch

*Bring something to toss into the salad!
Greens, dressing, & beverages provided*

Sign up at Y Welcome Center by March 7th

Workshop is free for members and nonmembers.

YMCA of Ithaca and Tompkins County
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607- 257-0101 www.ithacaymca.com



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**