the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8 is Great!

Challenge for seniors
March 1–31

Participate in a Group Exercise class or any one of our March Social Activities 8 times or more to be entered into our drawing at the end of the month. Every time you scan into the Y you are well on your way to winning – and everyone wins!

You will be automatically entered into the drawing, no need to sign up!

Why 8 is Great!

- 8 Prevents disease
- 8 improves mental health & well-being
- 8 Decreases risk of falling
- 8 Strengthens social ties
- 8 Improves cognitive function
- 8 Promotes a good nights sleep
- 8 Gives you more energy
- 8 Manages body weight