



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# DEDICATED TO YOUR HEALTH

## HEALTHY AGING NEW MEMBER SOCIAL

- Make new friends and meet Y staff
- Hear guest speaker Nicole Crane, YMCA nurse practitioner
- Learn about the Y's chronic condition support services
- Sign up for social activities and clubs
- Get information on group exercise classes, personal training, trips, and more!
- Enjoy light refreshments



**Monday, Feb. 18**  
**1-2 p.m.**  
**Woodfin YMCA**

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» [ymcawnc.org](http://ymcawnc.org) «

**YMCA OF WESTERN NORTH CAROLINA**