



YWELLNESS

Monthly Education Series



FREE!

Register at:
www.lemarsymca.com



Nutrition 101

Session led by Floyd Valley Healthcare Dietician

WHERE: YMCA

WHEN: Wednesday, November 19

- 12:15-1:00 PM



Importance of Strength Training

Session led Le Mars Physical Therapy

WHERE: YMCA

WHEN: Wednesday, December 10

- 12:15-1:00 PM



Weight Loss 101

Sessions led by YMCA staff.

WHERE: YMCA

WHEN: Wednesday, January 7

- 12:15-1:00 PM
- 5:15-6:00 PM

PRE-REGISTRATION REQUIRED

Scan QR
to register
online:



Stop by
the Y



Email
the Y to
RSVP



QUESTIONS?



712-546-6655



www.lemarsymca.org



jacquep@lemarsymca.org