



YWELLNESS

Monthly Education Series



FREE! Register at:
www.lemarsymca.org



Somatic Therapy

Session led by a Psychotherapist with Plains Area Mental Health Center

WHERE: YMCA

WHEN: Tuesday, March 10, 2026

- 6:00-7:00 PM



Strength for Life: Why Muscle Matters at Every Age

Session led by a Jaden: Health & Wellness Staff with the YMCA

WHERE: YMCA

WHEN: Thursday, April 30, 2026

- 5:30-6:30 PM

PRE-REGISTRATION REQUIRED

Scan QR to register online:



Stop by the Y



Contact the Y to RSVP



QUESTIONS:

📞 712-546-6655

🌐 www.lemarsymca.org

✉ jacquep@lemarsymca.org