

YWELLNESS

Monthly Education Series



FREE!



Strength for Life: Why Muscle Matters at Every Age

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

This session will cover why building muscle matters at every age: how it protects your body, your independence, and your long-term health. And how you can get started at any age!

WHERE: YMCA

WHEN: Thursday, May 7 @ 5:30 PM



Understanding Perimenopause & Menopause: What Every Woman Should Know!

Session led by Dr. Parmelee with Floyd Valley Healthcare.

Join us for a conversation about what happens during perimenopause & menopause. We'll talk about common symptoms, why they happen, & simple ways to feel your best during this stage of life. It's a friendly, judgment-free space to learn, ask questions, and support one another.

WHERE: YMCA

WHEN: Wednesday, May 13 @ 5:15 PM

PLEASE RSVP!

Scan QR to register online:



Stop by the Y



Contact the Y to RSVP



QUESTIONS:

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