



VETERANS WELLNESS

**GAIN SUPPORT & COMMUNITY
WITH OTHER VETERANS**



Community YMCA is proud to offer the Veterans Wellness Program. Veterans of all ages and abilities who are looking to get back to a healthier lifestyle. The Veterans group meets once a week for 8-weeks and has full access to all of the facilities and programs that the Y has to offer, with the personal support of Y staff and trainers.

This free program includes:

- Participation in 8-week Veterans Wellness Program (for veteran & spouse/partner) which includes activities such as yoga, personal training, classes, and more.
- Family membership during the 8-week duration of the Veterans Wellness Program
- 3-Month Adult Memberships for veteran & spouse/partner after successful completion of the 8-week program.

OUR CAUSE TO ACTION:

We greatly thank Veterans for their service and want to offer our resources at the Y to help those looking to refocus their efforts on improving mind, body, and spirit.

FOR INFORMATION, CONTACT:

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