

GET HEALTHY FOR GOOD

BE well • EAT smart • ADD color • MOVE more

12 MONTHS OF FREE TALKS AT THE YMCA TO KICK-START WELLNESS AT ALL AGES

Discover your healthy self in four ways through this community program presented by the American Heart Association, Mary Washington Healthcare, and the Rappahannock Area YMCA, made possible through the generosity of Bev and Don Newlin.

SEPTEMBER 27, 2017 – SEPTEMBER 13, 2018

BE well

- Wednesday, September 27, 5:30pm-7:00pm: **“Well-Being Is Our Baseline”**
- Thursday, October 26, 5:30pm-7:00pm: **“Think Well. Be Well.”**
- Thursday, November 16, 5:30pm-7:00pm: **“Sweet Dreams: The Power Of Sleep”**

EAT smart

- Thursday, January 18, 5:30pm-7:00pm: **“Learn What To Look For In A Vegetable!”**
- Thursday, February 8, 5:30pm-7:00pm: **“Shop, Chop, Enjoy!”**
- Thursday, March 15, 5:30pm-7:00pm: **“Be Label Smart”**

ADD color

- Thursday, April 19, 5:30pm-7:00pm: **“Bland Is Out: The Brighter The Better!”**
- Thursday, May 17, 5:30pm-7:00pm: **“Eat Seasonal”**
- Thursday, June 14, 5:30pm-7:00pm: **“MYPlate”**

MOVE more

- Thursday, July 19, 5:30pm-7:00pm: **“Friends Don’t Let Friends Sit Still”**
- Thursday, August 16, 5:30pm-7:00pm: **“Family Fitness FUNdamentals”**
- Thursday, September 13, 5:30pm-7:00pm: **“Get Your Move On”**

For more information and to register, please contact Naomie Murdock, 371.9622, Ext. 1023; NMurdock@family-ymca.org

