



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program

OFFICE HOURS

MASSAD FAMILY YMCA

Monday: 9:00am-11:00am
Monday: 5:00pm-7:00pm
Thursday: 11:00am-1:00pm

CAROLINE FAMILY YMCA

New Office Hours coming soon

King George Family YMCA

Tuesday: 11:00am-12:00pm

NUTRITIONAL SEMINARS

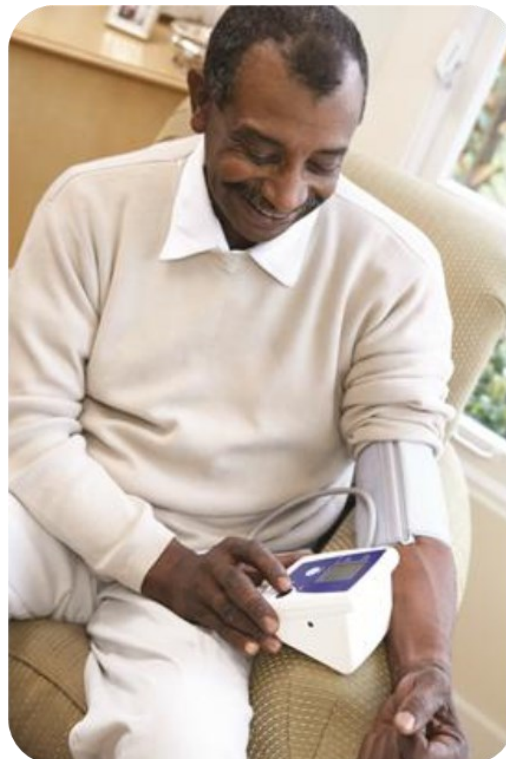
MASSAD LOCATION:

- SEPTEMBER 19TH 6:30PM-7:30PM
- OCTOBER 18TH 10:30AM-11:30AM
- NOVEMBER 14TH 6:30PM-7:30PM
- DECEMBER 13TH 10:30-11:30AM

KING GEORGE LOCATION:

- OCTOBER 27TH 11:00AM-12:00PM

PLEASE SIGN UP BEFORE ATTENDING



For more information about the program, contact
Naomie Murdock at
nmurdock@family-ymca.org