



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 twice a week for 12-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 12-week Veterans Wellness Program (for veteran & spouse/partner) which includes activities such as yoga, personal training, classes, and more.
- Family membership during the 12-week duration of the Veterans Wellness Program
- 6-Month Adult Memberships for veteran & spouse/partner after successful completion of the 12-week program (attend at least 16 classes and perform a community service project).

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.

VETERANS GIVING BACK:

Community service projects have included delivering Meals on Wheels, participating in food drives, building model planes with children during Christmas time and placing flags on graves of fallen soldiers.

