



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.

FOR INFORMATION, CONTACT:

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