



WELLNESS CALENDAR



WELLNESS DAYS

At all YMCA branches
9-11am & 5-7pm

Wellness days are held the second Tuesday of every month and are open to YMCA members and community participants.

Blood pressure, body fat, BMI, waist to hip and blood work are offered on each Wellness Day.

Fees apply for some additional activities

To continue on the path to wellness, try YMCA Healthy Lifestyle Coaching, a comprehensive 4-week wellness program, featuring fitness, nutrition and health screenings. A \$275 value, new members pay only \$75!

2009

September 8

America on the Move: Blood pressure, body fat, BMI, waist to hip ratio, blood work

October 13

Flu Awareness: Staying Healthy During Flu Season, Flu Shots (\$25)

November 10

Battle of the Bulge: Managing Holiday Stress and Eating

December 8

Stress Management and Healthy Outlets

2010

January 12

Diabetes: Healthy Weight Control and Glucose Testing (\$25)

February 9

Heart Healthy: Cholesterol Testing, Full Lipid Profile (\$25)

March 9

Nutrition: Eating Better and Living Well, Meal Planning Session (\$40)

April 13

Cancer: Risk Factors, Preventative Measures, How to Stay Healthy

May 11

Better Sleep Means a Better You, Effects of Physical Activity on Sleep

June 8

Osteoporosis: Bone Density Testing and Prevention

July 13

Smokeout: Effects of Secondhand Smoke, Your Risk Factors

August 10

Family Wellness & Activity

LIFECHANGING

GREATER WICHITA YMCA. CELEBRATING 125 YEARS.

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We build strong kids, strong families, strong communities