



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

# **C'MON LET'S STAY HEALTHY**

**SENIOR WELLNESS DAY  
Wednesday, September 25**

**Join us! We've got some fun activities planned that highlight the importance of regular physical activity to maintain a healthy spirit, mind, and body. Invite a friend! This event will offer free blood pressure screenings, nutrition education, senior resource vendors, and much more!**

Members and guests are encouraged to contribute to our potluck by providing a dish to share with everyone. Please be reminded we are a nut free location.

**FEE:** Free for everyone

**WHEN:** 10am - 2pm

**WHERE:** Stratford YMCA

Call or stop by the Stratford YMCA for more information!

