



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIVE HEALTHY LIVE HAPPY

## SENIOR HEALTH & FITNESS CELEBRATION

At the Y our goal is to increase awareness of the benefits of a regular work out program and make exercise fun for older adults. Join us for Senior Health & Fitness Celebration to receive information on keeping healthy and fit. See reverse for more information

### Ages

Adults of all ages

### When

Wednesday, May 31st  
9:00AM-12:00PM

### Where

Ocean County YMCA  
1088 W Whitty Road, Toms River

### Registration

No registration necessary  
Guests must fill out a guest waiver at check in.

### Contact

JoAnn Kermick, Membership & Marketing Director  
732 341 9622 ext 4255 or [jkermick@ocymca.org](mailto:jkermick@ocymca.org)



**BRING  
A  
FRIEND**



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Join Friends from Barnabas Health Monmouth Medical Center Southern Campus who will be doing Blood Pressure, glucose, bone density and BMI screenings.

