



Oneida Family YMCA

A TIME TO THRIVE

Living Your Best Senior Years

4 Week Series

Mondays 5:30–6:30 pm
September 25th – October 16th

Members \$40
Non-Members \$45

Register by Sept. 25th



- Living to be 100– The Blue Zone Secrets
- Just Get Moving– The Benefits of Daily Movement
- How to Maintain Healthy Joints
- 7 Essential Elements of Senior Wellness

Featuring:

**YMCA Personal Trainer
& Nutrition Coach
Gretchen Slater**

For more information:
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