

Inspiring Wellness



Active Aging Week

September 24 – 28, 2018

SOUTHERN BRANCH YMCA

Thurs, Sept. 20: 12:15 p.m. – 2 pm

PIVOT Physical Therapy

Daily from 12:30 p.m. – 1 p.m.

Walk for Wellness Week

Wed, Sept 26: 12 p.m. – 2 p.m.

Rite Aid Flu Clinic

Thurs, Sept 27: 12:30 p.m. – 2 p.m.

Lunch and Learn with Steve Shive

Along with our normal schedule of SilverSneakers classes (see schedule)



SilverSneakers® Open House

September 12, 2018

10:00 a.m. – 12:00 p.m.

Join us for an Open House at the Southern Branch YMCA. Learn how to improve your health through exercise and to take advantage of a membership at the YMCA!

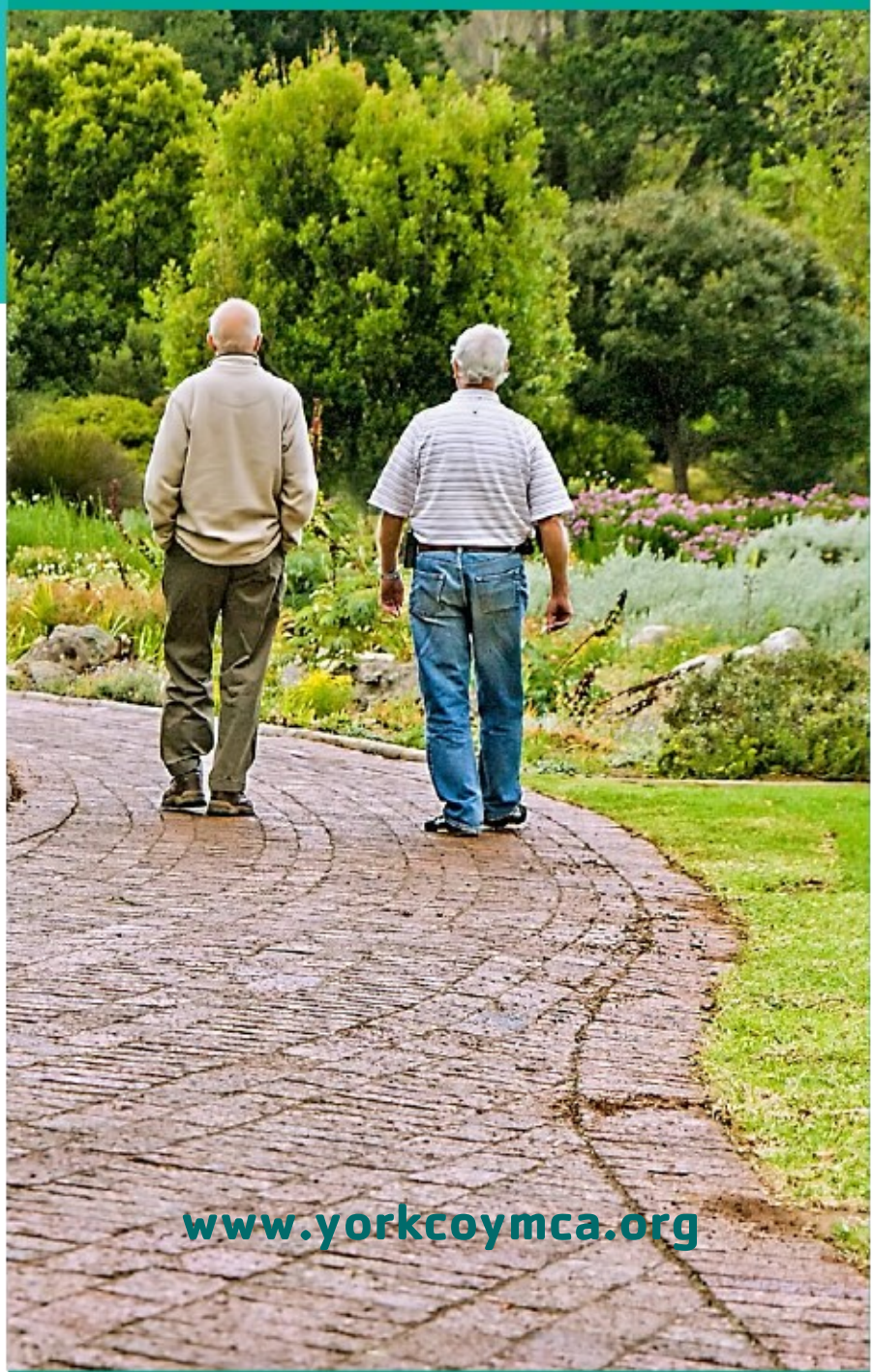


Pivot Therapy Functional Movement Screening

On Thursday, September 20th, a physical therapist from Pivot Physical Therapy will be at the YMCA at 12:15 p.m. to do functional movement screenings. Pre-register for this event at the member services desk or online at https://apm.activecommunities.com/yorkcoymca/Activity_Search/6728

Lunch and Learn with Steve Shive

Come learn about Atrial Fibrillation with Physician's Assistant and YMCA Member Steve Shive. He will discuss details of A-Fib with a Q&A to follow.



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