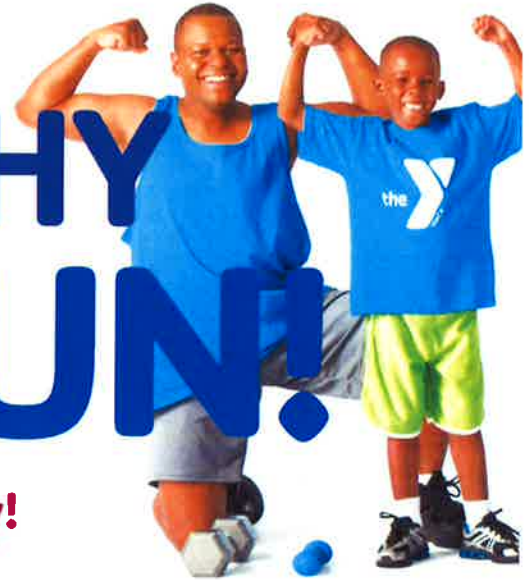




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET HEALTHY WE HAVE FUN!



Free Program for kids 8-17 and their family!
YMCA OF PORT ANGELES

The Olympic Peninsula YMCA is offering a 12 week program for kids ages 8-17 and their family to help learn healthy habits for life at no cost to the family. This program will meet every **Monday night**.

- Keep a food and movement journal
- Learn to make exercise fun
- You and your parents will meet with one of our qualified Wellness Coaches every Monday at 5:30pm for 12 weeks
- Get healthy recipes and snack ideas
- Optional weight and body fat % calculated

WHEN: Monday, October 1 - December 17

TIME: 5:30 PM - 6:30 PM

LOCATION: OLYMPIC PENINSULA YMCA
YMCA OF PORT ANGELES
302 South Francis Street
Port Angeles, WA 98362

CONTACT: Mikki Hughes
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