



Glens Falls Family YMCA Wellness Workshops

Wellness Wednesdays

October 21st	Indoor Rowing Seminar	March 17th	Healthy Cooking on a Budget
November 18th	Holiday Stress Busters	April 21st	Fiscal Fitness
December 16th	Get S.M.A.R.T. <i>(Specific, Measurable, Attainable, Realistic, Timely)</i>	May 19th	Summer Programs Showcase
January 20th	Smoking Cessation Workshop	June 16th	Sports Workshop
February 17th	Healthy Eating Workshop	July 21st	Diabetes Seminar
		August 18th	Fall Programming Showcase

FREE and Open to the Community
Wednesdays 6:00 pm

Please register in advance at the YMCA Member Service Desk
or on our
website at www.glensfallsymca.org

Workshops are held at the YMCA, 600 Glen Street.

Tell a Friend!



Glens Falls Family YMCA
600 Glen Street, Glens Falls, NY 12801
518.793.3878 www.glensfallsymca.org

Your Hometown Charity Since 1887