



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Membership Appreciation Week

## SOUTHERN BRANCH YMCA

### Free Month of Membership Drawing

Monday February 12

Drawing for a free month of membership. Stop at the membership desk to register.

### A Day to Wear Red

Wednesday February 14

Celebrate Valentines Day and commemorate Heart Month by wearing red!

### Free Chair Massage

Wednesday February 14

Stop by and sign up for a free chair massage.

February 14: 2pm to 5pm

### Free Chair Massage

Friday February 16

Stop by and sign up for a free chair massage.

February 16: 10am to 12pm

**SOUTHERN BRANCH YMCA**

100 Constitution Ave.

Shrewsbury, PA 17361

Bring a friend with you to work-out or take a fitness class. If your friend becomes a member, you will receive a free month! (friend must



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