



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Membership Appreciation Week

## February 12 – 16, 2018

### YORK BRANCH YMCA

#### FREE MONTH OF MEMBERSHIP

Monday February 12

Drawing for a free month of membership, stop by the member services desk to register

#### FREE CHAIR MASSAGE/FAT TUESDAY

Tuesday, February 13 11:30AM-1:30pm

Healthy Food Options for Fat Tuesday

**WE ♥ EXERCISE.**

Wednesday, February 14

**Bring a friend and wear red!**

#### BLOOD PRESSURE MONITORING

Thursday February 15

Get your blood pressure monitored. Sign up at the member services desk.

**YORK BRANCH YMCA**

90 N. Newberry St.

York, PA 17401

717-843-7884

[www.yorkcoymca.org](http://www.yorkcoymca.org)



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