

# Inspiring Wellness



## Active Aging Week September 24 – 28, 2018 EASTERN BRANCH YMCA

**Mon.: 8:00 a.m. – 10:00 a.m.**

Rite Aid Flu Shot Clinic

**Tues.: 8:00 a.m. – 8:45 a.m.**

Silver Sneakers Classic

**Wed.: 11:00 a.m. – 12:00 p.m.**

Relay Race Fun

**Thurs.: 10:15 a.m.–11:30 a.m.**

Pivot Physical Therapy

**Fri.: 12:00 p.m. (Noon)**

Potluck Luncheon



## SilverSneakers® Open House

**Tuesday, September 25, 2018**

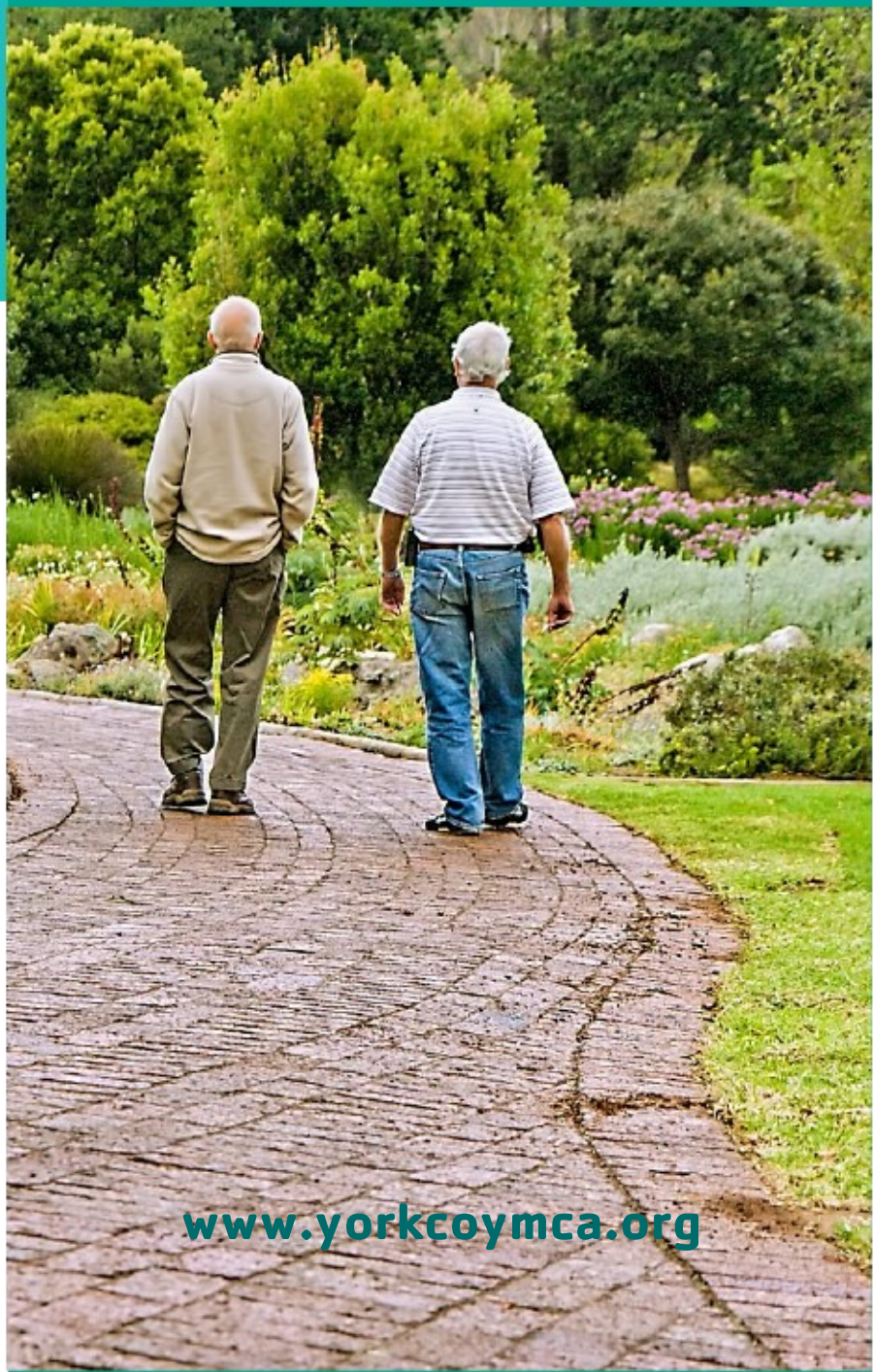
**10:00 a.m. – 12:00 p.m.**

Join us for an Open House at the Eastern 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 27th, a physical therapist from Pivot Physical Therapy will be at the Eastern Branch YMCA beginning at 10 a.m. to conduct free functional movement screenings, which consist of 7 fundamental movements used to assess an individual's ability to move efficiently without limitation. Pre-register for this event at the membership desk or online at [http://apm.activecommunities.com/yorkcoymca/Activity\\_Search/6584](http://apm.activecommunities.com/yorkcoymca/Activity_Search/6584)



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