

Inspiring Wellness



Active Aging Week September 24 – 28, 2018

YORK BRANCH YMCA

MONDAY: 10:00 a.m. – 11:30 a.m.

Pivot Physical Therapy

TUESDAY: 11:00 a.m. – 1:00 p.m.

Chair Massage with Paula

WEDNESDAY: 10:10 a.m. – 11:10 a.m.

Dance Lessons

THURSDAY: 9:30 a.m. – 11:30 a.m.

Rite Aid Flu Shot Clinic

FRIDAY: 10:10 a.m. – 11:10 a.m.

Relay Races and Games



SilverSneakers® Open House

September 18, 2018

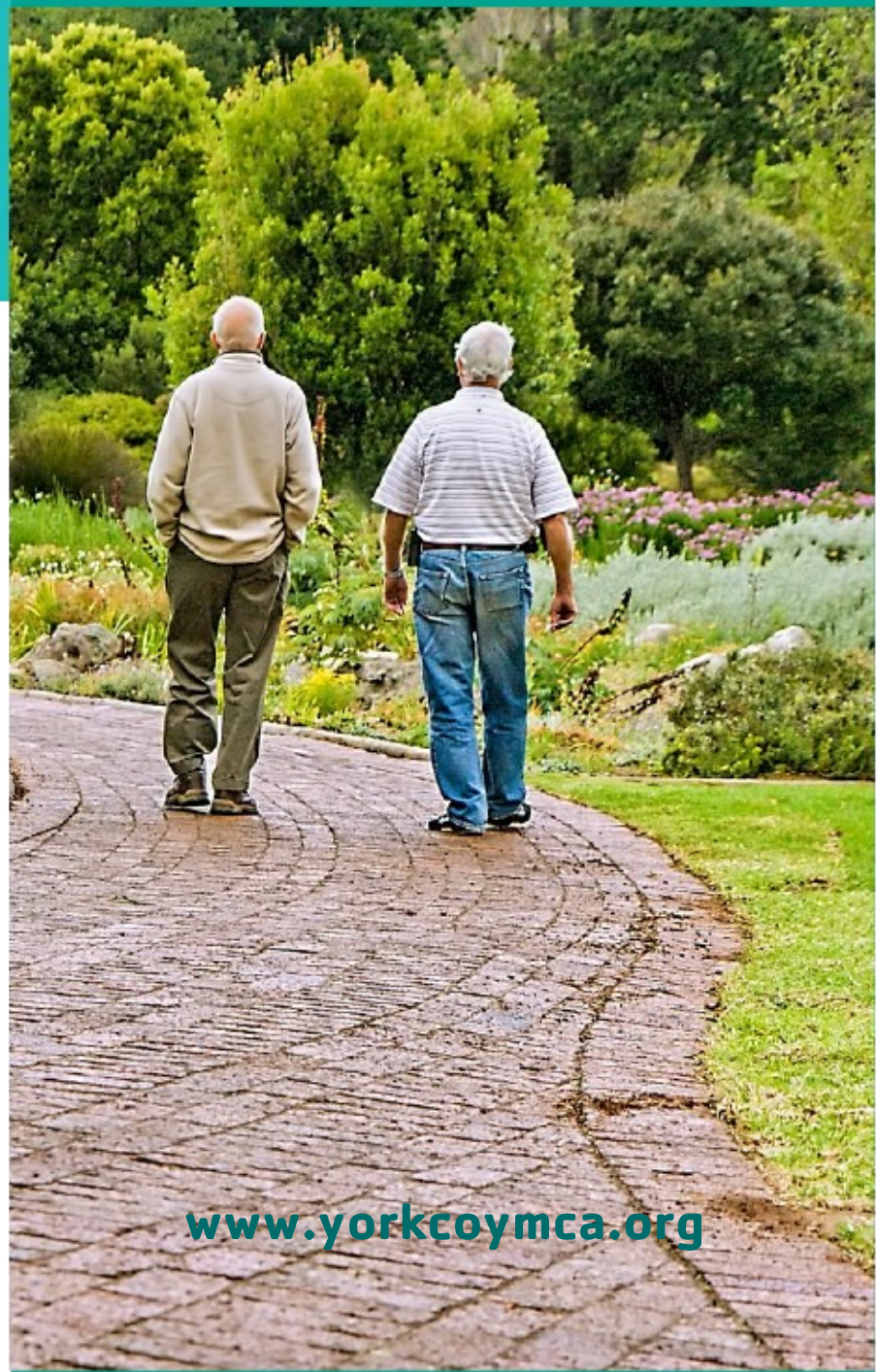
10:00 a.m. – 12:00 p.m.

Join us for an Open House at the York 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 Monday, September 24th, a physical therapist from Pivot Physical Therapy will be at the York Branch YMCA beginning at 10:00 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!



PIVOT
PHYSICAL THERAPY



www.yorkcoymca.org