

OWN YOUR HEALTH

10 KEYS TO HEALTHY AGING

PROVIDED BY: YORK COUNTY AREA AGENCY ON AGING

Join us for a **FREE** series of FIVE educational workshops to learn about the "10 Keys" to Healthy Aging and the many NO COST and low cost preventative services available to help keep you healthy and well.

Light refreshments will be served.

Please register in person or by calling YMCA Member Services.

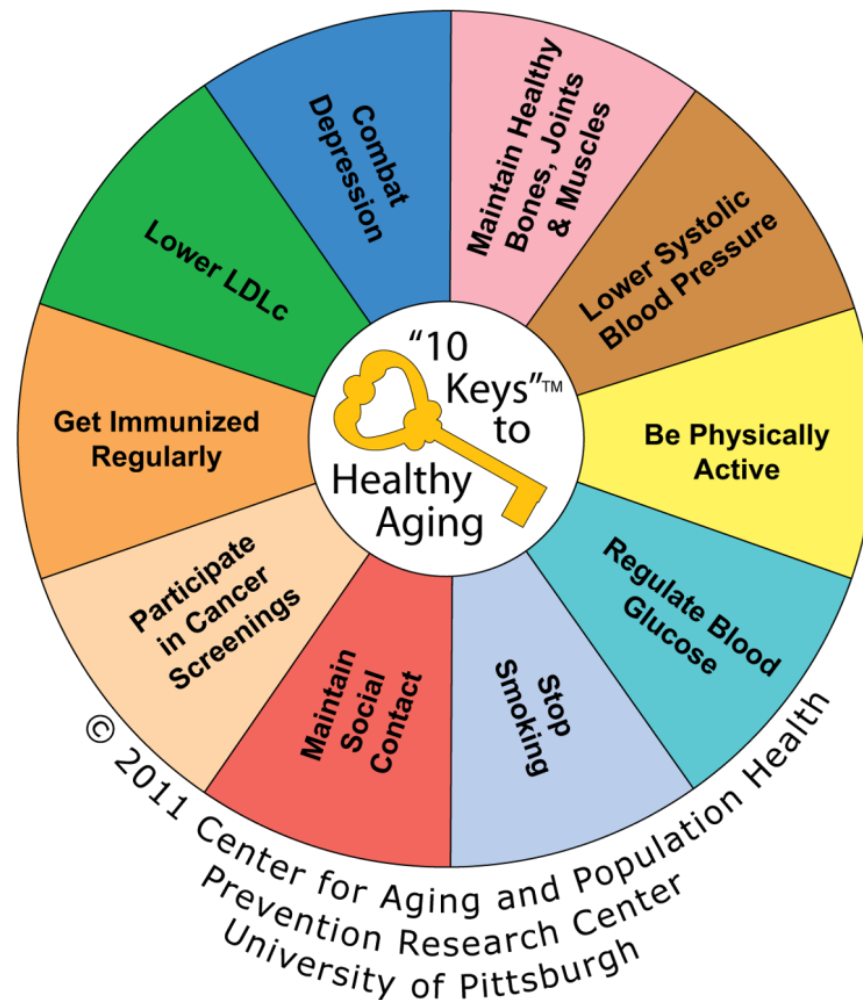
WHEN: Mondays, April 1 - April 29, 2019

TIME: 9:00 a.m. - 11:00 a.m.

LOCATION: BOB HOFFMAN DOVER BRANCH YMCA

REGISTRATION: 717-292-5622

INSTRUCTOR: Glen Dunbar, York County Area Agency on Aging



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