



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Improving our COMMUNITY through HEALTHY LIVING EVIDENCE BASED HEALTH INTERVENTION PROGRAMS



LIVESTRONG® at the YMCA Cancer

Free for ALL participants

12 week Sessions

Salem Family YMCA
685 Court St. NE, Salem, OR 97301

Mar 11 (Mon & Fri) 9:30—11:00 am
Mar 25 (Tues & Thurs) 1:30—3:00 pm
Call 503.399.2770 to sign up

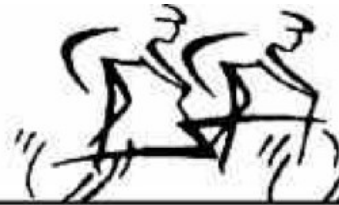
Monmouth-Independence Family YMCA
870 N Main St., Independence, OR 97351

March 4 (Mon & Fri) 11:00 am-12:30 pm
Call 503.838.4042 to sign up



LIVESTRONG®

FOUNDATION



Pedaling For Parkinson's

Pedaling for Parkinson's™

Parkinson's disease

Free for Members

Try the first 3 classes free

8 week Sessions

You can start anytime

Salem Family YMCA
685 Court St. NE, Salem, OR 9731

Mon, Wed & Fri 9:30-10:30 am

To sign up or if you have questions,
give us a call at 503-399-2770
or email nbauer@theyonline.org

Registration is required, but on-site
registration is available.



Enhance®Fitness

Arthritis

\$0 Member/\$120 Non-Member

Try the first 3 classes free

16 week sessions

You can start anytime

Salem Family YMCA
685 Court St. NE, Salem, OR 9731

Mon, Wed & Fri 10:30-11:30 am

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97351

Mon, Wed & Fri 9:30-10:30 am