



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S GET HEALTHY TOGETHER!

## Healthy Families/Happy Families GREATER SCRANTON YMCA



Healthy Families/Happy Families is a **FREE** 10-week program geared for families ready to make positive lifestyle changes together! The program is designed to engage youth and families in a journey of wellness through positive role models, proper nutrition and a healthy balance of fitness, fun and family! Attend 80% of program and Family receives a 1 year YMCA Membership.

- Develop healthy habits for daily living / Spend quality time with your family
- Have fun and discover new ways to be healthy together!
- Supported by the Northeastern Pennsylvania Health Care Foundation!

**Dates:** September 23 - November 25, 2017  
**Time:** Saturday, 10:15 - 11:15 a.m.  
**Location:** GREATER SCRANTON YMCA  
**Contact:** Karen Clause, (570) 828-3117  
or [kclause@greaterscrantonymca.org](mailto:kclause@greaterscrantonymca.org)

