



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY HABITS MAKE A HEALTHY YOU

Healthy Habits Workshop GEATER SCRANTON YMCA

The Greater Scranton YMCA is launching a Healthy Habits Workshop for adults ages 18 and up in our community! This 8 week workshop will feature a 45 minute classroom discussion on healthy lifestyles and 30 minutes of physical activity utilizing different areas of the YMCA! Register at the welcome center desk.

- Member - \$50
- Non Member \$100

Registration Deadline - September 26, 2018

DAY/TIME: Mondays
5:45-7:00 pm

SESSION: October 1st - November 19th

CONTACT: Karen Clause
kclause@greaterscrantonymca.org
(570) 828-3116
greaterscrantonymca.org

