

CHOOSE HEALTHY

No Limits Wellness

Jackson Lehman Family YMCA



Join our fitness & nutrition class, helping individuals lead healthier lifestyles in spirit, mind and body! Participants will learn a variety of healthy recipes and enjoy wellness activities and challenges. This class is specifically designed for individuals with physical, developmental and intellectual disabilities. This program is supported by a grant from the HEAL Initiative, a partnership of Parkview Health and St. Joseph Community Health Foundation.

When: Mondays from April 8-May 3

Time: 5:30-6:30pm

Cost: \$30

Ages: 13+



**Questions? Contact Brian West, Senior Program Director, at
brian_west@fwymca.org or 260-755-4926.**