



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

TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program

OFFICE HOURS

MASSAD FAMILY YMCA

Monday: 9:00am-11:00am
Monday: 5:00pm-7:00pm
Wednesday: 5:30pm-7:30pm
Thursday: 11:00am-1:00pm

CAROLINE FAMILY YMCA

Monday: 9:00am-10:00am
Thursday: 5:30pm-6:30pm

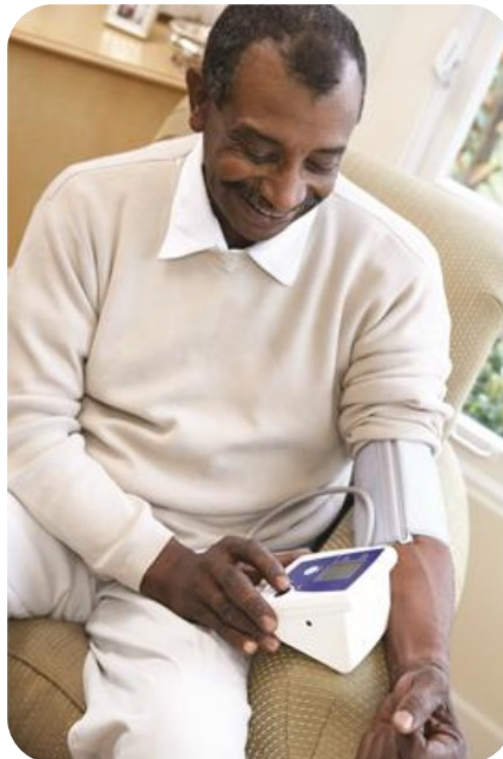
NUTRITIONAL SEMINARS

MASSAD LOCATION:

- MAY 16TH 6:30PM-7:30PM
- JUNE 15TH 10:30AM-11:30AM
- JULY 18TH 6:30PM-7:30PM
- AUGUST 22ND 10:30-11:30AM

CAROLINE LOCATION:

- MAY 23RD 10:00AM - 11:00AM
- JUN 22ND 6:00PM - 7:00PM
- JULY 17TH 10:00 AM - 11:00AM
- AUGUST 21ST 10:00 AM - 11:00AM



For more information about the program, contact
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