



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUTLER-GAST YMCA HEALTH & WELLNESS

**2018 SPRING SESSION: March 4-April 28\***

\*Some programming runs on a different session schedule. See description for more information.

## Birthday Bash

Celebrate the birthdays of active older adults and friends at our quarterly Birthday Bashes. There will be a potluck lunch (bring a dish), door prizes, fellowship and friends.

**Wednesday, April 18: 12:00 pm**

## Family Fitness (all ages)

Come spend Wednesdays with us! Families will engage in play, education, exercise, exposure to sports & fitness and best of all-do it together! Schedules will be posted monthly.

**Wednesday: 6:30-7:30 pm**

**Member: FREE**

## HEALTH & WELLNESS CONTACT:

**Maceal Norvell, Senior Membership Director**  
402-453-8903 • [mnorvell@metroymca.org](mailto:mnorvell@metroymca.org)

## MEDICALLY BASED WELLNESS PROGRAMS

### Delay the Disease™ :

An evidence based fitness program, led by certified Delay the Disease™ instructors, designed to empower individuals with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

**Participating locations:** Charles E. Lakin YMCA, Maple Street YMCA, Sarpy YMCA, and Southwest YMCA

**Cost:** This program is open to YMCA members and non members. Delay the Disease is FREE to YMCA members. Non members, please visit a YMCA of Greater Omaha Welcome Center to learn the fees for each session or contact Theresa Lovings.

**Contact:** Theresa Lovings  
[tlodings@metroymca.org](mailto:tlodings@metroymca.org) • 402-637-3145

**Learn more:** <http://metroymca.org/wellness-programs/delay-the-disease/>

### LIVESTRONG® at the YMCA:

Is a FREE 12-week group training program designed for cancer survivors. The program includes cardiovascular exercise, strength training, flexibility training, and balance. Participants receive one-on-one attention in a group setting, which creates a safe and comfortable workout environment. FREE to members and the general public + FREE household membership while participating in the program!

**Participating locations:** Armbrust YMCA, Council Bluffs YMCA, Maple Street YMCA, Sarpy Community YMCA, Southwest YMCA, and Twin Rivers YMCA

**Contact:** Amy Roux  
[aroux@metroymca.org](mailto:aroux@metroymca.org) • 402-393-3700

**Learn more:** <http://metroymca.org/wellness-programs/livestrong-at-the-ymca/>

**REGISTRATION OPENS - Members: February 19 • Non members: February 23**  
Register at the Butler-Gast YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)