



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUTLER-GAST YMCA HEALTH & WELLNESS

## 2018 WINTER SESSION: January 7 – March 3\*

\*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, January 17: 12:00 pm**

### Black History Potluck Luncheon

The Butler-Gast YMCA is inviting the community to help celebrate Black History Month and honor the contributions of people of African descent to our community, our nation and to the world.

Join us for a traditional soul food potluck luncheon, as well as an inspirational and informative speaker.

**Wednesday, February 21: 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**

## MEDICALLY BASED WELLNESS PROGRAMS

### Diabetes Prevention Program:

This year long, classroom-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk for developing type 2 diabetes. Participants can qualify via blood values, or a diabetes risk quiz.

**Participating locations:** This program occurs at various YMCA locations across the Omaha metro area and we are also able to hold these sessions at your worksite. Call for more information or visit our website for information & to take the risk assessment.

**Contact:** Lindsey Cork  
lcork@metroymca.org • 402-977-4326

**Learn more:** [www.metroymca.org/wellness-programs/diabetes-prevention](http://www.metroymca.org/wellness-programs/diabetes-prevention).

### 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  
tloving@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 • 402-393-3700

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

**REGISTRATION OPENS – Members: December 11 • Non members: December 15**  
**Register at the Butler-Gast YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)**