

**JOIN YOUR
FRIENDS
AT THE Y**



Have lunch with us & learn!

Tuesdays @ 12:30pm

FREE to the Community!!!

**Sign up is REQUIRED at least 24 hours prior
Call 914-949-8030 or stop by the Member Service Desk.**

Lunch & presentations generously provided by...

- May 2nd** "Face Saving Exercises; you don't want to fall on it!" Presented by Angela Hutlberg, lunch provided by the White Plains Family YMCA
- May 9th** "Knowing the 10 Signs" Presented by Alzheimer's Association
- May 16th** "The Best Kept Secret in Healthcare" Presented by Dr. Gertner from Upper Cervical Chiropractic.
- May 23rd** "Lunchology. Learn how to do it quick, easy & healthy for yourself... then eat it!" Presented by Fidelis Care
- May 30th** Connect to Better Hearing: Audiology Today & Trends in Hearing Solutions Presented by Connect Hearing Inc.
- June 6th** "Eating for Health" focusing on nutrition & making food choices in support of a healthy body! Presented by ShopRite Registered Dietitian Inga Voloshin

alzheimer's  association®

800.272.3900 | alz.org®



White Plains Family YMCA

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**IT'S NOT
JUST KID
STUFF**

