

Stay Active, Stay Social at the YMCA



FRIDAY, MARCH 13TH • 2PM - 3PM

Join us in the Activity Room for an informative and energizing session with Ric Basso from the YMCA! Discover the variety of programs, classes, and wellness opportunities available specifically for seniors. You'll also have the chance to learn what your insurance may cover toward a YMCA membership. After the presentation, a member of the YMCA therapy team will lead a fun 15-minute exercise class so you can experience it firsthand. Come learn, move, and explore what the YMCA has to offer!

PLEASE RSVP BY MARCH 11TH TO:

Sarah Sanders
Receptionist

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(317) 271-0100

 **TRADITIONS**
at REAGAN PARK

Independent Living • Assisted Living • Memory Care

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