



SENIOR HEALTH MONTH

**SENIORS (AGE 65+) CAN JOIN
YMCA SOUTHCOAST EVERY
WEDNESDAY IN MAY AND
PAY \$0 JOINER'S FEE.**

For more information:
Stop by the Welcome Center.

For a better us.®



Scan Code
to find out
more about
the Senior
Health Month.
Offer ends
5/31/2023.

**» FIND YOUR Y AT
YMCA SOUTHCOAST
JOIN TODAY**

Learn more at ymcasc.org