



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET HEALTHY TOGETHER!

Healthy Families/Happy Families GREATER SCRANTON YMCA



Healthy Families/Happy Families is a **FREE** 8-week program for Mid-Valley School District Families ready to make positive lifestyle changes together! The program is designed to engage youth and families in a journey of wellness through positive role models, proper nutrition and a healthy balance of fitness, fun and family! Family members that attend 8 classes will receive a 1 year membership.

Session: April 7-June 2 (no class on May 26)

Day: Saturdays

Time: 10:00-11:00am

Register: kclause@greaterscrantonymca.org or (570) 828-3117

Location: **GREATER SCRANTON YMCA**

706 N. Blakely Street

Dunmore, PA 18512

570-342-8115, www.greaterscrantonymca.org