



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**GET READY TO LEARN
HAVE FUN
FIND INSPIRATION
BECOME ENGAGED**

**Revitalize You!
Employee Wellness Program
April 4 Kick-Off At Your Branch**

**Connect with a
Wellness Champion
to sign up!**

**It's all about you!
YOU and your HEALTH
YOU and your RISK FACTORS
YOU and your STRESS
YOU and your SUPPORT SYSTEM**



YMCA OF GREATER ST. LOUIS