



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IS YOUR HEALTH AT RISK?

Revitalize YOU!

Employee Wellness Program

Not enrolled in Revitalize YOU! yet? No problem – see your branch Wellness Champion today to get started right away!

It's all about you!

YOU and your RISK FACTORS

Take Control

Improve Your Education

Know Your Numbers



YMCA OF GREATER ST. LOUIS