



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

13TH ANNUAL
HEART OF THE VALLEY YMCA

YMCA HEALTH & WELLNESS FAIR

Saturday, January 28
9 am until Noon

Southeast Family YMCA
1000 Weatherly Road
Huntsville, AL 35803

ymcahuntsville.org

OPEN HOUSE

Join us for ZUMBA,
BodyPump, Yoga &
BodyAttack classes!



MORE THAN 60 WELLNESS EXPERTS!

Cooking Light Demonstration

• Door Prizes •

LifeSouth Blood Drive 9 am to 1 pm



FREE SCREENINGS:

BLOOD PRESSURE, GLUCOSE,
CHOLESTEROL, HEART RATE, BMI,
BREAST EXAMS



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.