



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

WINTER 2012 LECTURE SERIES

Join the Irvin Deutscher Family YMCA for lectures focusing on improving your health and wellness goals!



**Join Gennifer Mountain on
Thursday February 21, 2012 at
12pm and 6:30pm for
Meals on Wheels: Fall Prevention**

**Join Dee Assael, AFFA C.P.T. on
Tuesday March 6, 2012 at 6:00 for
Resurrect Your Resolution**

**Join Mike Griffith, AFFA C.P.T. on
Wednesday March 21, 2012 at 5:00pm for
Creating Your Ideal Exercise Routine**

**Join Tracy Rogers, NASM C.P.T. on
Wednesday April 18th at 6:30pm for
Practical Tour-Using Specialized
Equipment to Enhance Your Workout**

