

Olean Family YMCA

# AOA WELLNESS DAY and OPEN HOUSE

*WEDNESDAY, MAY 19, 2010*  
9:00 A.M.—12:00 P.M.

ALL EVENTS ARE FREE

## CALLING ALL ACTIVE OLDER ADULTS . . . COME JOIN US!



### Wellness Activity Schedule:

9:00 - 12:00 p.m.	Wellness Fair with local organizations	Lobby
9:00 - 9:45 a.m.	Aquatic Rehab	Pool
9:15 - 10:15 a.m.	Motion Plus Active Older Adult Class	Studio
10:30 - 11:15 a.m.	SilverSneakers® Muscular Strength & Range of Movement Class	Studio

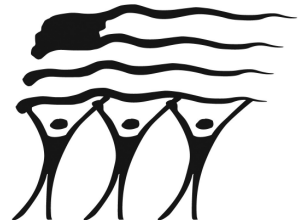
For more information, contact Ink Young, Wellness Director at 701-1330 or  
e-mail [fitness@oleanymca.org](mailto:fitness@oleanymca.org).

### *OLEAN FAMILY YMCA*

ACTIVE OLDER  
ADULTS  
GET \$25 OFF  
JOINER FEE!



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YMCA—We build strong kids, strong families, strong communities.

*\*Join Wednesday, May 19, 2010 and receive \$25 off  
the joiner fee for a Senior Citizen membership on  
monthly credit card or bank draft.*