

3rd SATURDAY OF EACH MONTH | 10 AM – 2PM SHELTON FAMILY YMCA 3101 North Shelton Springs Road

## CONNECT.

Bring your family and friends for a day of fun at the Y! Spend time together. Meet new friends. YOU BELONG HERE!

## LEARN.

Organizations from around the community will be there to share information and help families access critical resources.

## **ENERGIZE.**

Your physical and mental health is important! Lift some weights, take a walk on a treadmill, or hop in the pool (noon-2pm). Take a tour or a class...we're here for you!