



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH FOR THE STARS

Special Needs Wellness Club
MAGDALENA ECKE FAMILY YMCA

**Wednesdays, 5:00–6:30 pm &
Sundays, 12:00–2:00 pm**

- > **Athletic Opportunities**
- > **Healthy Lifestyle Coaching**
- > **Fitness Components**
- > **Social Interaction**

FREE TO YMCA MEMBERS!

Please contact Shannon Hughes at shughes@ymca.org for more information.

