



# VETERANS WELLNESS



## For Veterans and spouses/partners of all ages and abilities

We greatly thank Veterans for their service and want to offer our resources at the Y to help those looking to refocus their efforts on improving mind, body, and spirit. Veterans and spouses/partners of all ages and abilities who are looking to get back to a healthier lifestyle are encouraged to join our next group and begin on a path to a healthier lifestyle. The Veterans group connects weekly for 12-weeks and has full access to all of the facilities and programs that the Y has to offer, with the personal support of Y staff and trainers.

**For more information and to register please contact:**

**Megan McCuen**  
[mmccuen@ymcabhc.org](mailto:mmccuen@ymcabhc.org)

## Program Details:

- A complimentary, 12-week family membership
- Access to our virtual wellness platform, Y Wellness 24/7
- Weekly educational Zoom sessions and two in person workout opportunities
- Pre/Post survey and InBody scan
- Workouts and educational meetings are lead by qualified staff. Meetings are 45-60 minutes in length focusing on fitness, mental health, mindfulness, nutrition, and overall well-being
- Upon successful completion of the program (determined by attendance) each participant receives a six month adult membership

## Who qualifies:

- Honorably discharged veterans
- Active military
- Active or honorably discharged, reservist or national guard
- Spouse or partner of Veteran

Note: In valuing the graciousness of our donors, successful enrollment in a pathway program relies on consistent attendance and participation. Pathway participants with 3 or more class absences without communication to the instructor will be disenrolled so we may provide an opportunity to another. Kindly consider this prior to joining us.

**RIVER CROSSING YMCA**  
[ymcarivercrossing.org](http://ymcarivercrossing.org)