



Be WELL

Live Healthy, Live Happy

OSF HealthCare Holy Family Medical Center and the Warren County YMCA have partnered to bring you a women's wellness program. Be WELL – Women Enjoying Living and Learning – is a year-long, weekly program that takes a holistic approach to your health. Come and enjoy:

- Cooking demonstrations
- Disease prevention
- Guest speakers
- Relaxation tips
- Stress management
- Physical activities – dance, stretching and martial arts

Meets Weekly - Thursday Evenings | 5:30 to 6:15 p.m.

Beginning Thursday, February, 21

Warren County YMCA, 700 W. Harlem Ave., Monmouth

Cost is \$15/month

YMCA Members: 24-hour access to fitness. **Non-YMCA Members:** Full/unlimited access on Tuesdays, Thursdays and Saturdays (ONLY). Inquire at the YMCA for babysitting costs.

Join us on this wellness journey and have fun while getting healthy!

To register, please call Candy Conard at (309) 734-3183.

