

# Healthy Living



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## October 2021 Programming & activities at Hallandale Beach YMCA



## YMCA & Memorial Healthcare System Partnership

Our Y continues to enhance our health conversation series! We are a proud partner of Memorial Health Care System and we are excited to offer additional health related virtual (for now) conversations with top healthcare professionals. We are planning to host many virtual and in person health education sessions. See the right column for activities through this partnership in October 2021.

Memorial Healthcare System (MHS) has been a long-standing partner and supporter of the YMCA of South Florida, with an ongoing commitment through the years, always focused on the health and wellness of our children, families, and communities. Our partnership with MHS brings access to opportunities to gain valuable information across many health topics that affect the lives of so many we serve. We have many great discussions and activities planned for the rest of 2021 and next year. More to come!

## October 2021 Webinars

10/9 at 10 am –  
**Special Needs  
Resource Fair**

[Facebook.com/JDCHospital](https://www.facebook.com/JDCHospital)

10/21 at 12 pm -  
**Women's Health  
Webinar – Heart  
Health & Breast  
Cancer**

Register here:  
<https://rb.gy/zjmpua>

10/26 at 12 pm-  
**CABS of CPR  
Webinar**

Register here:  
<https://rb.gy/ufmmwl>

## More Great Activities!



**IT'S A FALL FRENZY  
JOIN US!**

**Saturday | October 23, 2021**  
10:00 AM - 1:00 PM

### **\*BIRTHDAY Celebration!**

10/29 @ 12:30 pm – Who doesn't like to play games? Let's play games and celebrate all of our October birthdays while laughing and eating sweet treats!

#### **UPCOMING ACTIVITIES in NOVEMBER**

- **Diabetes Prevention Webinar**
- **FAU Brain Study – Earn up to \$350!**
- **New Club Info session**

### **Ideas?**

Is there something you would like to learn or experience at the YMCA?

Share your idea with us!

[rward@ymcasouthflorida.org](mailto:rward@ymcasouthflorida.org)

### **Earn \$25!**

**Attend (3) financial literacy virtual sessions and earn a \$25 gift card! Topics include; investing, couponing, and budgeting.**

**Classes will meet virtually Wednesdays, October 20 - November 17 and Thursday, December 2 from 6:30 PM - 7:30 PM**

**To sign up, please contact Mrs. Jeanette at Jack & Jill Center (954) 463-8772, ext. 208**

