

Healthy Living



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pembroke Pines YMCA

501 SW 172nd Ave, Pembroke Pines, FL 33029

October 2021 Programming & activities at your center



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
session – Heart
Health & Breast
Cancer**

Join us in the Seniors
Activity Studio.
Refreshments provided!

10/26 at 12 pm-
CABS of CPR

Join us in the Seniors
Activity Studio.
Refreshments provided!

More Great Activities!



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

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

***Birthday Celebration!**

10/28 @ 12 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!

Find us in the Seniors Activities Studio

Tech & Learn

Tech 101: Having issues working with technology? Do you want to learn how to do new things on your devices? Bring them in and a Leaders' Club teen will help!

Date: Wednesday Oct 20th
Time: 9:00am-1:00pm

For more information, visit the Front Desk or contact: Pinesymcaleadersclub@ymcasouthflorida.org

Ideas?

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

Do you have an idea that you would like to share?

Share your idea with us!

Email Rick Ward

rward@ymcasouthflorida.org

