



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHIER YOU

## 4-Week Wellness Program

YMCA of Metuchen, Edison, Woodbridge and South Amboy

YMCA at the Piscataway Community Center

Let's walk through this journey together! Join us for an engaging and interactive 4-week virtual wellness program where we will discuss and experience tools designed to meet your wellness goals, as you become a healthier YOU. Connect with others every week through one group discussion session and one activity session based on the group's needs. A different topic will be covered each week, including community support, nutrition, physical activity and mindfulness!

### Weekly Topics

Week 1:  
Be Supported

Week 2:  
Be Fueled

Week 3:  
Be Moved

Week 4:  
Be Mindful

**Start Date:** January 5th, ongoing registration every week after that

**Time:** Tuesdays and Thursdays at 5pm

**Fee:** \$120 for members  
\$200 for non-members

Contact the Welcome Center at your YMCA branch to register today!



[www.ymcaofmewsas.org](http://www.ymcaofmewsas.org)