



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU HELP YOURSELF

## Social Connection

### CENTRAL YMCA

Join us on Wednesday, May 17th

10:00 am

**Topic: Benefits of Aerobic Exercise and how  
it affects the brain!**

**Speaker: Jeannie McConnell-Copploe  
Pinnacle Health Concepts**



**Munch and Learn**