



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

THE FOUR COMPONENTS OF BALANCE

Munch and Learn

Social Connection

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

Topic: The need to have a balance in all four components of physical fitness is strength, endurance, cardio, and flexibility.



CENTRAL YMCA

**Join us on Wednesday, August 15, 2018
10:00 a.m.**