



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Men's Health Initiative

When:

Pre-assessments on Saturday, February 4

10:00 a.m. – 2:00 p.m.

Classes Tuesdays and Thursdays

February 7 – March 8

6:00 – 6:45 p.m.

Water Aerobics Mondays and Fridays

February 6 – March 6

6:00 – 7:00 p.m.

*wear workout clothes

Additional Information:

The Living Well Brother-to-Brother initiative is a program started by the Phi Beta Sigma Fraternity, Inc.

The Y is for Healthy Living, and we are using their module to help our members live longer, stronger, healthier lives.

The program includes a health assessment, food education classes, and opportunities to work out together.

Join us!



Fees

Members: Free

Non-members: \$25

Contact

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