

MARK YOUR CALENDARS FOR THIS GREAT CAUSE!



- **YMCA Ride to Raise Event for Parkinson's**
- March 1-6
- YMCA Healthy Living Center at North River

To support this cause, text Pedaling to 41444.

TIME FOR SOMETHING NEW



Starts
FEB. 1
2021



FREE 6-Week Transformation

Text **RESET** to **833-277-3283** to join

Have you hit the RESET button with us yet? You can still register!

The FREE 6-week Challenge is open to both members and non-members!

Get complete challenge info here.

Hurry while t-shirt supplies last!

Update on YMCA Operating Hours: Expanded Hours Coming!

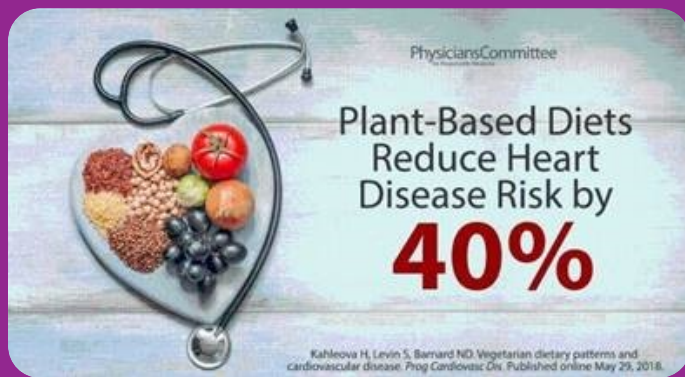
Effective Monday, February 8, 2021, we're expanding our evening hours back to pre-Covid! Make sure to call your local Y or check our website/social media pages beginning Monday for complete updated operating hours.



Did you know?

It's true! Aim to eat foods close to Mother Earth! Check out this full article.

Need ideas? Start with this yummy Tomato Kale Pesto Pasta!



Staying Connected

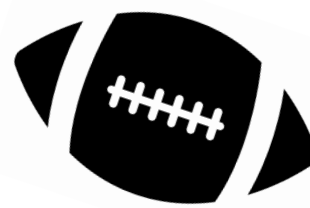
has never been more important. Sharing of classes, news, support, wellness and healthy living tips is needed by all during this time. Maybe you are in need of **REDEFINING WELLNESS**. Or perhaps you have a fellow friend who needs help during this time. All are welcome on our **YMCA REDEFINE WELLNESS Facebook Group**.



Super Bowl Recipes to the Rescue!

Need ideas? We've got you covered.

Check out these great recipes from our own Eat Well. Live Well. expert Coach Crissie



Check this out!

Coming to a Wellness Floor near you!

We're continuing our commitment to you to provide the safest experience possible! Look for **Plexiglas panels** like these coming to your YMCA!



QUESTIONS OR SUGGESTIONS? LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to mvermeer@ymcachattanooga.org