



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LOVE YOUR HEART AT THE Y



**JOE AND MARY MOTTINO FAMILY YMCA**

**Friday, February 11**  
**10:00am – 2:45pm**

Take charge of your health and join us for our “Love Your Heart” event at the Y.

## Activities include:



**10:00am – 1:00pm**

Blood pressure screenings, and resources on various health topics, including Medicare, Aging and Independence resources, Benefits of Essential Oils, and much more.



**2:00 – 2:45pm**

Sound Healing, a special session using singing bowls, monochord, and a gong. Bring a mat. Chairs will be provided.

**This event is free to members;  
registration is not required.**

### Information:

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or visit [ymcasd.org/jmmnews](http://ymcasd.org/jmmnews)

