



## Membership Info

SilverSneakers offers you membership paid for by your insurance. The YMCA gets paid only when you check in at the building. Please help us continue to offer great service by making sure you are checking in ten times each month.



## Heart Month 2024

February is Heart Month and we want to help you prioritize a heart-healthy lifestyle. During the month you can also learn about heart disease prevention. Information will be shared in the lobby, and follow us on Facebook for additional tips.



facebook.com/  
ShiawasseeFamilyYmca

## Healthy Hearts

Keep that heart healthy with these tips:

1. Get moving!
2. Rest up - lack of sleep can be associated with elevated cholesterol and blood pressure.
3. Revamp your recipes - reduce salt and saturated fat.
4. Check your pressure - start self-monitoring your blood pressure. Discuss with your doctor if needed.
5. Quality time - spending time with family and friends reduces stress, which is important to heart health.

## Curwood Race



The 47th Annual Curwood Festival Race will be held on Saturday, June 8th. Registration opens in February. We have a race for everyone - 5K Walk, 5K Run, 10K Run, 1/2 Marathon. Sign up now!

## Hours of Operation

MON-THUR: 5:00am-9:00pm  
FRI: 5:00am-7:00pm  
SAT: 7:00am-4:00pm  
SUN: 8:00am-4:00pm  
Sundays till 4:00 in February!

