



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

*For more information, contact*

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**FOR IMMEDIATE RELEASE**

**Branches of the YMCA of Greater St. Louis to host Healthy Senior Day on October 7**

**WHO:**

Branches of the YMCA of Greater St. Louis...

**WHAT:**

...will host Healthy Senior Day. The event is FREE and open to all ages 55 and up. Attendees will learn about resources that can help them live with greater health and happiness. The event will include:

- Fitness classes tailored to seniors
- Community agencies and partners
- Screenings
- Volunteer opportunities
- Refreshments
- Giveaways and prizes
- Flu shots offered by Walgreens (Insurance or Medicare will be charged. Walgreens has a voucher program for patients without insurance. Cost is \$25.99.)

**WHEN:**

Thursday, October 7, 2014

Times vary by branch:

Carondelet Park Rec Complex: 10am - 2pm

Downtown YMCA: 9:30am - 12:30pm

Edward Jones Family YMCA: 9:30am - 12:30pm

Emerson Family YMCA: 10am - 1pm

Four Rivers Family YMCA: 11am - 1pm

Jefferson County Family YMCA: 9:30am to 12:00pm

Kirkwood Family YMCA: 9:30am to 12:30pm

Mid-County Family YMCA: 9:30am to 12:30pm

Monsanto Family YMCA: 10-2pm

O'Fallon Family YMCA: 9:30 am - 12:30pm  
O'Fallon Park Rec Complex: 9:30am - 12:30pm  
South City Family YMCA: 9am - 11am  
South County Family YMCA: 9:30am to 12:30pm  
St. Charles Family YMCA: 10am - 12pm  
West County Family YMCA: 9:30am - 12:30pm  
Wildwood Family YMCA: 9am - 11:00am

**WHERE:**

Branches of the YMCA of Greater St. Louis

**INTERVIEW OPPORTUNITIES:**

Senior participants  
Representatives from the Y

About the YMCA of Greater St. Louis

The YMCA of Greater St. Louis is a nonprofit organization dedicated to youth development, healthy living and social responsibility. Featuring 17 traditional Y branches and two Campus Y student leadership facilities on the Missouri side of the St. Louis Metro Area, our Y also includes YMCA Camp Lakewood and Trout Lodge in Potosi, Missouri. The Carondelet Park Rec Complex and the O'Fallon Park Rec Complex are owned by the City of St. Louis and operated by the Y. Our Y is a proud member of the United Way. For more information, please visit [www.ymcastlouis.org](http://www.ymcastlouis.org) or call 314-436-1177.

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