

Live. Life. Healthy



at YOUR YMCA

The YMCA of Corry has partnered with AmeriHealth Caritas to provide programming that stresses the importance of early detection, preventive care, healthy behaviors and overall personal health awareness. Our classes will not only improve your health, but also empower you to take control of your health!

Adult Programs

Wednesday August 3rd at 11:00 AM

Diabetes Management Presentation discusses the basics of diabetes, current statistics, risk factors, steps to reduce risk factors, and ways to effectively manage the disease. Management techniques include healthy eating habits, medication adherence, physical activity and smoking cessation



Monday August 15th at 11:00 AM

Heart Health Presentation outlines steps to prevent heart disease and stroke, risk factors, heart disease basics and the effects of heart disease. We also cover symptoms and healthy habits.

Wednesday September 21st at 5:00 PM

25 Ways to Wellness This presentation gives information about the small changes that can be made to maintain a healthy body

