



Where health goals  
are achieved!

We know better  
health means  
a better life



# Posture Clinics

*Stand tall, look and feel better*

- Personal postural assessment
- Exercise to improve posture
- Instruction on posture

**Thursdays | 5:00 – 5:45 pm**

**September 7, October 12, November 2, December 7, 2017**

**Fridays | 10:30 – 11:15 am**

**September 8, October 13, November 3, December 8, 2017**

Posture Clinics are delivered by Wellness Specialist,  
Naime Tugac, R. Kin

**Limited space available**

No cost for YMCA Members  
and Non-YMCA Members

**Register for one clinic today**