



MEMBER NEWSLETTER

WALLA WALLA YMCA

To help maintain your health during the weeks of gray skies, cooler temperatures and shorter daylight hours, research tells us that adopting some basic winter habits will help to beat the winter blues. Key tips include:

- **Maximize Light Exposure:** Open blinds immediately after waking. Weather permitting, try a 30-minute daily walk outside.
- **Stay Active:** Regular, daily physical activity—like any of the Y's group exercise and aqua aerobics classes—helps release endorphins that ward off depression.
- **Socialize:** Visit with friends at the Y or attend community venues to reduce feelings of isolation.
- **Maintain Nutrition and Sleep:** Keep a consistent sleep schedule and eat nutritious foods.



Blood Drive

Blood Drive - Feb 23

The American Red Cross reports a severe blood shortage due to winter weather.

The Y is hosting its February blood drive from 11AM-4PM, Monday February 23, in the Multipurpose Room. Book an appointment to give blood by using the Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).



Own a Part of Y History

The Y recently updated its exterior doors on Park and Birch Streets. This project was funded through a grant that made possible the addition of new doors that can accommodate modern security hardware.

If you'd like to own a part of Y history, there are 4 sets (or 8 individual) wooden doors for sale. The individual doors measure 30 inches wide by 8 feet tall.

Please contact us at info@wwymca.org.

Congrats to our Youth BBall Teams

Saturday, February 21, brings our youth basketball season to a close. Special thanks to the parents, coaches, members and staff who shared their time and the Y gym with these young hoopsters.

Adult 3v3 teams are now forming for games that begin on March 24. Stay tuned for registration details.



Planned Sport Court RePurpose

Next up at the Y is a planned repurposing of Court 4 as a small group personal training and physical therapy space. The Y's other sport courts will remain dedicated for racquetball and handball (Courts 1-2) and ping pong (Court 3).



**LEARN NEW
TOPICS**



**ASK
QUESTIONS**



**CONTROL
YOUR HEALTH**

New Wellness Programs

Lunch & Learn

Bring your lunch and questions and take advantage of the opportunity to explore new ways to invest in your health and wellbeing. On **March 3**, our **Lunch & Learn series returns**. This engaging, lecture-based program invites participants to explore a variety of topics on health and wellness while learning directly from some of the area's leading experts.

This free one-hour series is held on the first Tuesday of March, June, September and December at 12:15PM in the Boardroom. Registration is not required.

Small Group Yoga Training

Level-up your yoga routine. In our [Small Group Yoga Personal Training](#), led by instructor Allie Kepple, you'll get the perfect balance of individual attention and supportive community. Designed for up to 3 participants, this small-group format allows our instructor to tailor each session to your goals while still creating a motivating, shared experience.

Sessions take place on the first Monday of each month from 1:15-2:00PM in Gym 3. This is a personal training-based session offered at \$35 per person.

Valentine's Day Fun

Walla Walla's preschool classrooms dressed in festive Valentine's Day colors and enjoyed a fun mini-parade through the Y's halls and lobby.

In Milton-Freewater, our childcare kiddos took turns working their way through hands-on stations—creating Valentine goodie bags, sharing treats with classmates, and decorating heart-shaped cookies.



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