



# MEMBER NEWSLETTER

WALLA WALLA YMCA



## Memorial Day

The YMCA will be **closed Monday, May 25** in honor of Memorial Day. Regular hours will resume Tuesday, May 26.

## Summer No Join Fee

For students (ages 19-25) returning home for the summer, the Y waives the joining fee. It's a great time to stay active, build healthy habits, and become a part of the Y community.

New members can visit the Membership Desk to get started.

## June 1 Red Cross Blood Drive

A single blood donation can make a lifesaving difference for people of all ages. Through YMCA-hosted blood drives you'll have the opportunity to help support that need right here.

Please register today for our Monday, June 1 drive to be held in the Multipurpose Room (MPR) from 11:00am - 4:00pm. Click the button to find a time that works for you.



[Donate Blood](#)

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### Small Group Yoga

Get the best of both worlds in our Small Group Yoga class—instruction paired with the encouragement of a small, supportive group.

Limited to just three participants per class, this program is ideal for anyone looking to work towards their goals in a comfortable group setting.

The next class will be Monday, June 1 from 1:15pm - 2:00pm.

[Small Group Yoga](#)

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# LUNCH & LEARN

HEALTH & WELLNESS TALK WITH EXPERTS

## June 2nd Lunch & Learn

The YMCA's free Lunch & Learn series returns Tuesday, June 2 with a discussion on **Food As Medicine** led by Sharon Gatt and Hadi Ali from Natural Health Solutions. Hadi spent 13 years as faculty at the Institute of Taoist Education and Acupuncture, teaching nutrition and pharmacology. Sharon brings almost 20 years of experience as a licensed acupuncturist to Natural Health Solutions, where she combines clinical expertise with a genuine passion for helping clients reclaim their health. Community members are invited to bring their lunch and learn more about health and wellness in an engaging, lecture-style setting.

The session will be held at 12:15pm in the Y Boardroom, and no registration is required. Bring a lunch and join us.



[Lifeguard Training](#)

## Lifeguard Training

With the summer season comes lifeguard opportunities.

Our Lifeguard Training course gives participants the opportunity to earn their American Red Cross lifeguard certification in water safety, rescue techniques, CPR, and First Aid.

The course will be held June 7-11. Click the button to register.



## LIVESTRONG at the Y

In partnership with the LIVESTRONG Foundation, the YMCA has developed a small-group cancer survivorship program for those who are living with, through or beyond cancer.

Our 12-week program\* includes:

- Two 75 to 90-minute sessions per week
- Cardiovascular conditioning, strength training, balance and flexibility exercises
- Fitness and quality of life assessments before and after participation
- YMCA-certified instructors helping you every step of the way

\*Requires referral and medical clearance from a physician. Open to adults 18 years or older.

The program begins August 11, with a required pre-class readiness assessment. The class is free for both members and non-members. To register, contact Josh Klingenberg at [jklingenberg@wwymca.org](mailto:jklingenberg@wwymca.org).

[Find a Volunteer Opportunity](#)

[Car Show](#)

[Renaissance Faire](#)

[Food Truck Night](#)

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