



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL 2019  
NEWSLETTER

Upper Palmetto YMCA



GROWING  
HEALTHIER  
TOGETHER

The Upper Palmetto  
YMCA offers Evidence  
Based Health  
Intervention programs  
to improve the health  
and well being of our  
community.



SIGN UP  
NOW!



[upymca.org](http://upymca.org)

FOR A  
BETTER  
US



# LIVESTRONG AT THE YMCA

LiveSTRONG at the YMCA is an evidence-based program that helps cancer survivors regain their physical and mental strength through a 12-week wellness and exercise program that meets two times per week for 90 minutes. The class is instructed by Certified LiveSTRONG at the YMCA instructors at a 1:6 instructor-to-participant ratio. The maximum number of participants per class is 12. Medical clearance is required. Join a LiveSTRONG class starting this September in Fort Mill, Lake Wylie, and Rock Hill.

## Diabetes Prevention

A year-long, community-based lifestyle modification program helps pre-diabetic adults reduce their risk for developing type 2 diabetes. This evidence based health intervention is designed to enable participants to adopt and maintain positive behavior changes. Eating healthier, increasing physical activity, and losing a modest amount of weight will improve overall health and reduce risk for developing type 2 diabetes.



**SIGN UP  
NOW!**

Please contact the Community Health Coordinator at [ebhi@upymca.org](mailto:ebhi@upymca.org) or 803-324-9622 ext. 226 to find out if you qualify.

**UPYMCA.ORG**

**ALWAYS  
HERE FOR  
YOU**



# Healthy Weight and Your Child

This is a weight-management program that brings a child and their guardian together to learn more about healthy eating, physical activity, and behavior change to empower children and families to live a healthier and active lifestyle. Studies have shown that this four-month program is effective in reducing a child's BMI and waist circumference, diminishing sedentary time, increasing physical activity, and improving self-esteem. The Upper Palmetto YMCA will be launching a fall class beginning on September 4 at 6:00 pm, at the Charlotte Avenue YMCA. To learn more about the program and upcoming class, please contact the Community Health Coordinator at [ebhi@upymca.org](mailto:ebhi@upymca.org) or 803-324-9622 ext. 226, or attend one of our information sessions listed below.



**SIGN UP  
NOW!**

## INFORMATION SESSIONS:

Monday | August 19, 2019 at 6:00 pm

Wednesday | August 21, 2019 at 6:00 pm

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