



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ABC'S OF STAYING YOUNG AT HEART

STAY ACTIVE | STAY BRILLIANT | STAY CALM

**YMCA Senior Health and Fitness Day | Wednesday May 25**

Kick-start your summer and celebrate healthy living with events and activities to nourish your spirit, mind, and body. Visit [ymcamn.org](http://ymcamn.org) or talk to your Active Older Adult Coordinator for a full schedule of events.

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## July's Stay Brilliant Activities

Members will receive a small gift for attending an event (1 per person)

- **MEDICATION THERAPY MANAGEMENT SPEAKER** Monday July 11th at 10:15am in Rotary Community Room. Learn ways to make sure that medications prescribed for you are effective, safe, cost accessible, dosed appropriately for your body, and in line with your life goals and disease state goals.
- **FREE HEARING TESTS & BLOOD PRESSURE CHECKS** Monday July 18th from 9:30am-12:30pm.
- **AARP FRAUD WATCH NETWORK SPEAKER** Tuesday July 26th. Light refreshments at 11:30am, speaker starts at 12:00pm. Jay Haapla from AARP will be sharing information on how you can protect yourself from identity theft and fraud. Sign-up at Member Service Desk by Friday July 22nd.
- **BRAIN GAMES** Tuesday July 19th at 10:30am in Rotary Community Room. *Test your knowledge with some fun interactive games!*



Contact Stephanie McDonald, Active Older Adult Coordinator at 952-838-3686 if you have questions.