



February 2019



**Woodbury Personal Trainer
Derek Powell working with his client
Dennis Flanagan**



YMCA of the Greater Twin Cities Social Responsibility Spotlight

Woodbury Y Offers Adaptive Fitness Classes

The Woodbury YMCA recognizes the need for quality adaptive programming for community members with diverse abilities.

The Adaptive Boot Camp program offers small group training while helping clients gain confidence, learn a variety of exercises and make new connections. The classes offer many options for fun and creative workouts to accommodate the clients' needs such as heavy bags for boxing, TRX Bands, battle ropes, spin bikes, free weights, floor mats, steps and more.

For more information on this program, please contact Derek Powell, personal trainer, at derek.powell@ymcamn.org

YMCA Christian Leadership Conference- Serve to Lead! Provides Time to Learn and Connect

Serve to Lead is an exciting day of leadership development, worship and prayer, practical breakout sessions, and inspiring keynote speakers. Connect with leaders and enjoy times of fellowship and connection.

You can learn more about this conference by watching the highlight video from 2018: ymcamn.org/servetolead

If you have questions, please contact elin.aldrich@ymcamn.org or bjorn.dixon@ymcamn.org.

Conference details:

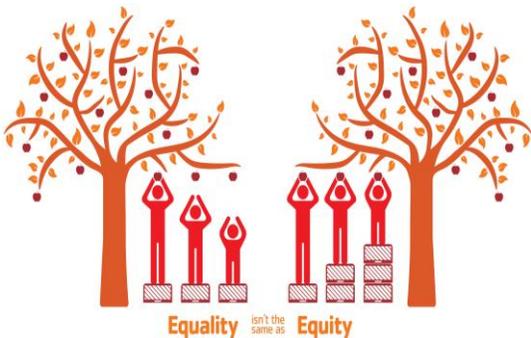
- Date: Thursday, May 9, 2019
- Time: 9:00 a.m. – 4:00 p.m.
- Location: University of Minnesota Continuing Education and Conference Center, 1890 Buford Ave., St. Paul
- Open to full-time and part-time team members
- Breakfast and lunch are included



Participants engage through interactive exhibit in new YMCA Equity Innovation Experience



March is Women's History Month



YMCA Opens New Equity Innovation Experience Developed with the Science Museum of Minnesota and Community

The YMCA recently opened a new Equity Innovation Experience developed with the Science Museum of Minnesota and community partners. The new Equity Innovation Experience, located in the YMCA Equity Innovation Center on 651 Nicollet Mall in Minneapolis, is described as an interactive exhibit providing an opportunity to see life from another's point of view and challenge a person's mental models of the world. Check out this video to learn more: [Exploring the Equity Innovation Experience](#)

For more information on this experience or to set up a consultation, please contact our Y Social Responsibility team at equity@ymcamn.org

UPCOMING CULTURAL CELEBRATION DAYS

March is Women's History Month. Started in 1987, Women's History Month recognizes all women for their valuable contributions to history and society.

March is also National Developmental Disabilities Awareness Month, which was established to increase awareness and understanding of issues affecting people with intellectual and developmental disabilities.

- Women's History Month-March
- National Nutrition Month- March
- International Women's Day- March 8
- International Transgender Day of Visibility- March 31

Best,

Dr. Hedy Lemar Walls,
YGTC Chief Social Responsibility Officer
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