



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BETTER BALANCE

BINGO CHALLENGE

Try out some of these exercises for better balance!

Pick up a BINGO card in the Wellness Center and play during the month of September.

HOW: Complete every square on your BINGO card during the month of September and you will be entered to win a free personal training session!

LOCATION: YMCA of Sequim, 610 N. 5th Ave, Sequim, WA 98382

COST: Free to members

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card in the
Wellness Center!**