



YMCA Healthy Living Center upcoming events

All classes are held at the YMCA Healthy Living Center located at 12493 University Ave., Clive. To register for classes or for more information, please call 226-YMCA (226-9622) or visit www.healthydm.com



A member of Mercy Health Network

Live Healthy

This class focuses on making healthy food choices, increasing physical activity and getting the most nutrition out of calories. This class provides a general overview and is not tailored to a specific disease.

Dec. 17, 8-10 a.m.

Free to YMCA members, \$25 for non-members

LIVESTRONG™ at the YMCA Cancer Education Series

Presented by Lynne Kinseth, Director, Mercy Cancer Center

Dec. 16, 5:30-6:30 p.m.: Chronic Pain: A look at what it is and how to promote healthier living with it

Free and open to the public

Diabetes at a Glance

This class will provide an overview of what diabetes is and the basic tools to manage the disease. It is open to people living with diabetes and/or family members wanting to learn more. This class does not replace a comprehensive diabetes education program.

Dec. 17, 5-6 p.m.

Free to YMCA members, \$15 for non-members.

The YMCA Healthy Living Center is a unique partnership between Mercy Medical Center – Des Moines and the YMCA of Greater Des Moines. Integrating the medical expertise of Mercy health care providers with the proven wellness practices of the YMCA, the Healthy Living Center is an innovative facility dedicated to rehabilitation and wellness.