



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. 1, 4-6 p.m.

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

LIVESTRONG™ at the YMCA Cancer Education Series

Presented by Lynne Kinseth, Director, Mercy Cancer Center

5:30-6:30 p.m.

Dec. 2: Assigning Meaning to the Cancer Experience

Dec. 9: Living with the Unknown—How Mystery Impacts Our Lives

Free and open to the public

Healthy Aging

A comprehensive educational session to help you learn more about osteoporosis, hearing loss and the benefits of exercise. Each topic will be taught by Mercy experts. A light lunch will be provided.

Dec. 8, 11 a.m.-1 p.m.

Please call 222-7771 to register by Dec. 1.

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.