



INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | July 2024

CAREGIVERS: KEEP CHILDREN SAFE

Anyone can drown. No one should. Drowning can happen nearly anywhere with standing water. But, as a grandparent, parent, or caregiver, you can't keep children sidelined. You need to equip them with the tools they need to be confident in and around water so they don't lose out on the health benefits of exercise, the opportunities to bond with family and friends and the sense of accomplishment when they learn new skills. The Y encourages grandparents, parents and caregivers to take an active role in child's safety by ensuring they learn how to swim and by practicing these six evidence-based interventions in your household and local community.

Learn more about water safety and swim lessons for children and adults visit www.fcymca.org

World Drowning Prevention Day is July 25th. Drowning is a public health issue.

ANYONE CAN DROWN. NO ONE SHOULD.

- Installing barriers controlling access to water
- Providing safe places away from water for pre-school children, with capable childcare
- Teaching swimming, water safety and safe rescue skills
- Training bystanders in safe rescue and resuscitation
- Setting and enforcing safe boating, shipping and ferry regulations
- Improving flood risk management

World Drowning Prevention Day

CREATING AN INCLUSIVE ENVIRONMENT FOR ALL: DISABILITY PRIDE MONTH

Disability Pride Month is celebrated in July to commemorate the passing of the Americans with Disabilities Act (ADA) in 1990. At the YMCA of Florida's First Coast we're committed to creating a welcoming, inclusive environment in Northeast Florida where everyone has the opportunity to reach their full potential.

the Y logo

OPPORTUNITIES AND BELONGING FOR ALL

Celebrating Disability Pride Month

the Y logo

GRANDPARENTS SPECIAL

Add your grandkids to your First Coast YMCA membership through August!

\$30/child
*No limit on number of additional children



**IT'S NEVER
TOO LATE TO
FEEL GREAT.**

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | July 2024

JULY EVENTS AND ACTIVITIES

**Reservations are required for events and
can be made in our app and online at fcymca.org.**

JULY BIRTHDAY CELEBRATION

Tuesday, July 9th, 12:30pm, Healthy Living Center

Join us as we celebrate all those with birthdays in the month of July.

NEW MEMBER WELCOME

Thursday, July 11th, 10:30am, Healthy Living Center

New members will meet and go over branch highlights, review programs that are offered, get assistance with the mobile app, and set up Appointment 1's if not already scheduled.

MEDITATION WORKSHOP

Wednesday, July 17th, 12:30pm, Healthy Living Center

Eve Albrecht will lead you through easy meditation practices to improve your health and happiness.

COLOR ME CALM WITH EMILE

Friday, July 19th, 1:00pm, Healthy Living Center

Join Emile to find a new way to relax while fostering your creative side...with coloring! You'll enjoy the zen this activity brings, along with the quality time spent with friends.

SENIOR FITNESS ORIENTATIONS

Tuesday, July 23rd, 10:30am, Wellness Floor

Meet at the Wellness Desk on the Wellness floor for an orientation/overview of the machines and other workout equipment.

50 & BETTER LUNCH BUNCH

Tuesday, July 30th, 1:00pm, Palm Valley Outdoors

Food and friendship! Enjoy a yummy lunch while socializing with your fellow members.

Participants are responsible for paying for their own meals.
