



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | August 2026

Healthy Living Starts at the Y Your Path to a Healthier You Begins Here!

12-Week Weight Loss Program

Build Healthy Habits That Last

The YMCA's 12-Week Weight Loss Program helps participants create lasting lifestyle changes through weekly education, goal setting, and support from a trained YMCA Lifestyle Coach. Rather than focusing on quick fixes, this program teaches practical strategies that can be maintained long after the program ends.

Participants will learn how to:

- 🥗 Build balanced, nutritious meals
- 💪 Add physical activity into everyday life
- 📏 Understand portion sizes and mindful eating
- 🎯 Set realistic, achievable goals
- 👏 Stay motivated with group support and accountability

Perfect for anyone looking to lose weight, improve their health, and build confidence in making healthier choices.



YMCA Diabetes Prevention Program

Reduce Your Risk. Improve Your Health.

If you've been diagnosed with prediabetes or are at high risk for developing Type 2 diabetes, the YMCA's CDC-recognized Diabetes Prevention Program can help you take control of your health.

Led by a trained YMCA Lifestyle Coach, participants meet regularly to learn how healthy eating, increased physical activity, and sustainable lifestyle changes can significantly reduce their risk of developing Type 2 diabetes.

Throughout the program you'll:

- 🍎 Learn healthier eating habits
- 🚶 Increase physical activity at a pace that works for you
- 📊 Track progress and celebrate milestones
- 👏 Receive encouragement from a supportive group
- ❤️ Build healthy habits that last a lifetime



Interested in joining?

Speak with a YMCA staff member or email myhealth@fcymca.org today to learn about upcoming classes and registration.



BROWN FAMILY YMCA

170 Landrum Lane

904.543.9622

AUGUST 2026

Events and Activities

dthoresen@fcymca.org

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app (select 'Classes' and filter by Healthy Aging class type) or online at fcymca.org.

WOMEN'S BIBLE STUDY

Every Wednesday, 9:15 - 10:15am, Horschel Center for Health & Wellbeing

Come connect, learn, and be encouraged at our Ladies Bible Study. We'd love to have you join us! All denominations welcome. **(Registration Class Name - Healthy Aging Bible Study**)**

CANASTA

Every Friday, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing

Come join us for Canasta. Whether you're a seasoned player, just starting out or want to learn to play, everyone is welcome. **(Registration Class Name - Healthy Aging Canasta)**

HEALTHY AGING MEMBERS PLANNING MEETING

Wednesday, August 5th, 2:30 - 3:30pm, Horschel Center for Health & Wellbeing

Help us plan [Healthy Aging Day \(October 17\)](#) and future Healthy Aging events! Join Amy, Healthy Living Director, and Dyana, Healthy Aging Coordinator, to share your ideas and help make our Healthy Aging programs even better. **(Registration Class Name - Healthy Aging Meeting)**

MAHJONG EVENTS

MAHJONG 101: LEARN TO PLAY MAHJONG (INSTRUCTOR PRESENT)

Wednesdays, August 5th and 26th, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills. **(Registration Class Name - Healthy Aging Mahjong 101)**

ALL-LEVEL MAHJONG (NO instructors present except on Mah Jong 101 dates above)

Every Wednesday, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner. **(Registration Class Name - Healthy Aging All Lvl Mahjong)**

SKILLED MAHJONG (NO instructors OR instructions)

Second Thursday of the month, August 13th, 12:45 - 2:45pm

Horschel Center for Health & Wellbeing

Calling all Master Mahjong players come and join us. There will be no Instructor or instructions on these days. Please come ready to sit down and play. **(Registration Class Name - Healthy Aging Skilled Mahjong)**

BOOK CLUB

Thursday, August 20th, 11:30am - 12:30pm, Horschel Center for Health & Wellbeing

Join us for a lively discussion of the Book, **"Theo of Golden" by Allen Levi**. Even if you haven't had a chance to read the book, we'd still love you to join us. **(Registration Class Name - Healthy Aging Book Club)**

LUNCH BUNCH

Thursday, August 20th, 1:00 - 2:30pm, Vincenzo's Cucina (3787 Palm Valley Rd, PVB)

Meet for lunch at to enjoy a yummy lunch together while socializing with friends or maybe even make a few new ones. **Participants responsible for paying for their own meals.**

(Registration Class Name - Healthy Aging Lunch Bunch)

MEDITATION WITH EMILE

Thursday, August 27th, 1:00 - 2:00pm, Horschel Center for Health & Wellbeing

Take a pause from the noise and reconnect with yourself. Join our Meditation Class and experience calm, clarity, and balance—one breath at a time. **(Registration Class Name - Healthy Aging Mediation)**