



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.



YMCA AT BAPTIST NORTH

11236 Baptist Health Dr.

904.592.9622

AUGUST 2026

Events and Activities

tcruz@fcymca.org

Events are offered at no cost and require reservations, **with reservations open at newsletter publication time** (unless otherwise noted).

Reservations can be made in our FCYMCA app or online at fcymca.org.

COFFEE AND CONVERSATION: GETTING TO KNOW YOU

Wednesday, August 5th, 12:30 - 1:45pm, Studio A

This will be a time to meet someone new while sharing refreshments and conversation.

TECH 101:

Thursday, August 6th, 10:15 - 11:00am, Baptist North Wellness Center

Come let us help you download the Y app. Learn about Y Rewards points and get answers to any questions you may have.

BOOK CLUB

Wednesday, August 12th, 12:30 - 2:30pm, Studio A

Join our Baptist North Healthy Aging book discussion of The Five People You Meet in Heaven, by Mitch Albom. Book is available for check out at the public library.

MOVIE MATINEE

QUEEN BEES, A COMEDY ABOUT THE YOUNG AT HEART

Friday, August 14th, 1:00 - 3:00pm, Wellness Center

Join us for this special time of fun and laughter as we take in a movie together. Refreshments will be served, but please bring your favorite movie theatre candy to share.

GAME DAY: BOWLING, MINI GOLF, VIDEO GAMES, AND MORE!

Wednesday, August 19th, 12:30 - 2:30pm, Batt Family Fun Center (1838 Cassat Ave)

Join us for some friendly competition! The cost for bowling is \$14.99 and includes shoes, hotdog, fries and a soda. Other games available at the Fun Center will be an additional cost and the responsibility of the member. **Registration is required. Payment can be made directly to the Fun Center.**

WALKING CLUB: LET'S GET THOSE STEPS IN!

Monday, August 24th, 6:30 - 7:30am, Baptist North Healthy Living Trail

Let's beat the heat and get our steps in! Three laps around our trail equals one mile. Grab a friend and let's go!

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, August 26th, 12:30 - 2:30pm, Studio A

Join us for an afternoon shouting your favorite word...BINGO. At the same time, let's celebrate the August birthdays of our fellow members!

WINSTON YMCA 50'S SOCK HOP

Saturday, August 29th, 1:00 - 4:00pm, Winston Family YMCA (221 Riverside Ave.)

We're invited to the Winston Family YMCA Sock Hop! Come dance to DJ'd music, enjoy refreshments, and meet new friends while representing the YMCA at Baptist North. Wear your YMCA gear and attire!

Please be sure to reserve your spot in our app TODAY!