



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.



Interested in joining?

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

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



YMCA AT NOCATEE

400 Colonnade Drive
904.671.9622

AUGUST 2026
Events and Activities
ebloomberg@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.

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Teen Center

Join fellow players for a game that sharpens the mind and brings friends together.

Intergenerational Presentation: Carly the Cow

Monday, August 3rd, 10:00 – 11:00am

Bring your grandkids to see the Holstein cow who moooves and speaks to children about the fascinating lives of cows while sharing her important message of treating everyone with kindness and respect, no matter our differences. **No reservation required!**

Self Defense Class

Sunday, August 9th, 2:00 – 3:30pm, Studio A

The class will focus on practical, low-impact self defense techniques tailored for active older adults, emphasizing situational awareness and simple, effective moves to stay safe and confident.

Lunch Bunch

Monday, August 10th, 1:30 - 2:45pm, Anejo (335 Pine Lake Drive)

Meet us at Anejo for a fun lunch with Y friends! ***Participants will be responsible for paying for their own meals.***

Mindful Meditation

Saturday, August 15th, 12:00 – 12:30pm, Studio A

Join Jill to celebrate National Relaxation Day with a mindful meditation.

Game Day

Tuesday, August 18th, 2:00 - 3:30pm, Teen Center

Join fellow members to play various, simple games. Bring games you would like to play!

Book Club

Tuesday, August 25th, 3:30 - 4:30pm, Teen Center

Join fellow book lovers for a discussion of the book, The Four Winds by Kristin Hannah.

Coffee and Convo

Wednesday, August 26th, 9:30 - 10:30am, YMCA Lobby

Enjoy lively conversation over coffee while making new friends!

Participants will be responsible for paying for their own coffee/food items.

Lunch and Learn: Smart Strategies for Estate Planning

Thursday, August 27th, 11:00am – 12:00pm, Baptist Wellness Center, Room 130

Join Mercer Advisors for a complimentary lunch and learn estate planning strategies to help protect your loved ones, preserve your assets, and prepare for the future.