



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY WELLNESS PROJECT

2020 HAS BROUGHT MANY UNIMAGINABLE STRESSES TO FAMILIES IN DOUGLAS COUNTY.

The YMCA of Douglas County and the Umpqua Health Alliance have partnered to help families combat these stresses together.

- LEARN HEALTHY HABITS TOGETHER**
- 2 MONTH FREE FAMILY MEMBERSHIP**
- MEMBER RATE ON PROGRAMS**
- FIND RESOURCES**
- SET GOALS**

**TO FIND OUT IF YOU QUALIFY VISIT:
[YMCAOFDOUGLASCOUNTY.ORG/WELLNESSPROJECT](https://ymcaofdouglascountry.org/wellnessproject)**

**APPLICATIONS MUST BE SUBMITTED BY 11/15/2020. LIMITED SPACE AVAILIABE.
OPEN TO THOSE NEW TO THE YMCA. CONDITIONS APPLY.**

**FOR MORE QUESTIONS EMAIL
AMARX@YMCAOFDOUGLASCOUNTY.ORG**



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