



***Faith in Action* Volunteers and the YMCA**



Community Based Programs

***Faith in Action Volunteers is working with the
CHOW Indoor Market at the West Family YMCA
to inspire health and happiness...***

**JOIN US FOR FRESH PRODUCE AND FUN!
Monday mornings from 8:30-10:30am
In the lobby of the West Family YMCA**

We will feature events such as:

Falls Prevention Programs

Nutrition ideas and samples

Healthy cooking demos

T'ai Chi for Better Balance

Assorted exercise programs

Social Activities

...and MORE!



Faith In Action Volunteers is a program of the Broome County Council of Churches

