



The Healthy Community Initiative is a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness. Based on the community health needs assessment and utilizing combined resources within our local communities, Healthy Community Initiative programs will be customized around three core areas: education, nutrition and physical activity.

10 Weeks to a Healthier U

Saturdays, February 8 through Saturday, April 12
8:30 am to 10:00 am

Hillcrest YMCA

5000 Mayfield Road, Lyndhurst, OH 44124

FREE program for Live Long Lyndhurst members. For details about the cost for YMCA members, please contact the front desk staff at the Hillcrest YMCA. Open to participants 18 and older.

Come to one or all of the 10 sessions as you learn how to begin, maintain and succeed on your journey to a healthier you! Join fitness professionals, nutritionists and other healthcare professionals as they provide education and practical application of health and wellness activities and tips.

- SMART goals
- Identifying and overcoming barriers
- Strategies to healthier eating
- Stress management
- Strength training
- Building fitness into family time

There will be an informational session and a chance to get **FREE** healthy heart screening on Saturday, February 1 from 8:30 – 10 a.m.

For more information, please contact 216-382-4300 and leave a message.