

2ND ANNUAL

Wellness For Life

Decatur Family YMCA
1100 Clairemont Avenue
Decatur, GA 30030

Friday, September 25
9:00am-12:00pm



Education Sessions:

- 9:15-10am - Exercise & Cancer Prevention
- 10:15-11am – Nutrition & Cancer Prevention
- 11:15-12pm - What it Means When There's Cancer in Your Family
- 10-11am & 11-12pm – Documentary - Resilience after the Cure

Class demos:

- 9:15-10am – Yoga
- 9:30-10am – Chair Exercises
- 10:15-10:45am – Zumba
- 11-12pm – Pickle Ball
- 9-12pm – TRX Demos

*Free Coffee, Tea & Bagels

*Lots of great raffle items

Local Vendors and Community Partners