


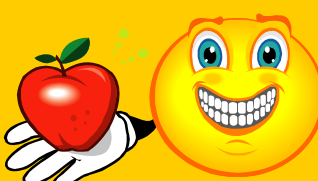


ACTIVATE AMERICA!



Saturday Sept. 18	Sunday Sept. 19	Monday Sept. 20	Tuesday Sept. 21	Wednesday Sept. 22	Thursday Sept. 23	Friday Sept. 24
Best Foot Forward 8k Walk/Run *A PCF Event Mariners' Museum Newport News, VA 8:00 AM Start Time		Glucose Screening Walk - In Victory YMCA Lobby 9:00AM - 12:00PM	'Walk N Talk' Family Neighborhood Walk Meet in the Victory YMCA Lobby 7:30AM - 8:30AM	Body Composition **Registration Required Victory YMCA Wellness Center - Assessment Room 10:00AM - 12:00PM	'Walk N Talk' Family Neighborhood Walk Meet in the Victory YMCA Lobby 7:30AM - 8:30AM	Cholesterol Screening **Registration Required Victory YMCA Wellness Center - Assessment Room 8:30AM - 11:30AM
Family Water Games Victory YMCA Pool 2:00PM - 3:00PM	Pool Games Victory YMCA Pool 1:00PM - 2:00PM	Blood Pressure Screening Victory YMCA Lobby 9:00AM - 12:00PM	Injury Clinic (Plantar Fasciitis) Victory YMCA MPR 12:00PM - 1:00PM	Blood Pressure Screening Victory YMCA Lobby 9:00AM - 12:00PM		
Join your YMCA in our effort to ACTIVATE AMERICA.				Ask Your Personal Trainer Victory YMCA MPR 10:00AM - 11:00AM		
*PCF Event = Peninsula Community Foundation of Virginia event. Check out www.bff8k.com for more information. **Registration Required = Register for these events at the Victory Family YMCA's Membership Services desk. MPR = Multi-Purpose Room				Body Composition **Registration Required Victory YMCA Wellness Center - Assessment Room 5:00PM - 7:00PM		
		'Walk N Talk' Family Neighborhood Walk Meet in the Victory YMCA Lobby 6:30PM - 7:30PM	Healthy Cooking Demo **Registration Required Victory YMCA MPR 6:30PM - 7:30PM	'Walk N Talk' Family Neighborhood Walk Meet in the Victory YMCA Lobby 6:30PM - 7:30PM		