



# ACTIVE OLDER ADULTS

## Calendar of Events

### KERNERSVILLE FAMILY YMCA

**Wednesday, March 13**

12:00pm

**Bring Your Lunch and Learn-What is the difference between depression and just feeling down**

Group Exercise Studio

**Wednesday, June 12**

12:00pm

**Bring Your Lunch and Learn/ Sleep Hygiene**

Group Exercise Studio

**Wednesday, Sepetmber 25**

12:00pm

**Bring Your Lunch and Learn/ Tips for Caregivier for Alzheimers and Dementia**

Group Exercise Studio

**SIGN UP SO WE KNOW HOW MANY TABLES AND CHAIRS TO PUT OUT!**

Questions? Please contact Sherry Corson at [s.corson@ymcanwnc.org](mailto:s.corson@ymcanwnc.org) or 336 721 2100 Ext. 6265