



YOU SERVED OUR COUNTRY. LET US SERVE YOU.

YMCA PROGRAM OPPORTUNITIES for Military Service Members, Veterans and Their Families

Reduced Membership Rates

Please visit us online or at any of our 12 YMCA of Greater Indianapolis facilities for information about our special 20% off rates for military memberships.

Free Financial Literacy and Health Seminars

Topics include: Protect Yourself from Identity Theft, Wise Use of Credit, Managing Your Money, and The Importance of Saving.

Free Job Fairs

The YMCA periodically hosts job fairs with local and national companies looking to hire.

Diabetes Prevention Program for Veterans

The YMCA's Diabetes Prevention Program helps those at high risk to adopt and maintain healthy lifestyles and to reduce their chances of developing type 2 diabetes. In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions.

Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you will meet monthly for up to a year for added support to help maintain your progress.

- Evidence-based to reduce the risk of type 2 diabetes by 58%.
- The program emphasizes two primary goals: reduce body weight by 7% and increase physical activity to at least 50 minutes per week.

Healing Heroes: Gentle Yoga

This comprehensive trauma-sensitive yoga program is designed to guide participants toward greater healing. Healing Heroes uses poses and breathing techniques created by a military veteran and a yoga therapist. Our Healing Heroes: Gentle Yoga is ideal for military personnel, first responders and their families, and is lead by a certified YogaFit Warriors instructor who will guide you safely through class. These classes are currently held at the Hendricks Regional Health YMCA in Avon.

Coming in 2018: The OrthoIndy Foundation YMCA

This new facility in Pike Township, featuring designated veteran programming, will also be the first YMCA in the nation with a VA Medical Center Clinic. Please visit YLovesVets for more information.

**Contact Tim Martin at tmartin@indymca.org
for more information and to sign up for programs**



www.INDYMCA.org

www.YLovesVets.org