



**Just for the HEALTH of it ...**  
be a part of our Healthy Family Month

## **February 1 – February 26, 2021**

**Learn how to stay fit, healthy and active at every stage of life.**

**Receive expert advice from the Valparaíso Family YMCA and St. Mary Medical Center.**

Healthy Family Month features health and wellness screenings and healthy activities for all ages. Check the YMCA's daily calendar ([valpoyymca.org](http://valpoyymca.org)) for in-person and online events:

- A1C/Lipid screening - voucher for FREE test\*
- Ask the Nurse - Q & A
- Blood pressure/EKG screening\*
- Cologuard - FREE take home colorectal screening kit\*
- Coping skills
- Physician presentation\*
- Zumba and yoga

**To learn more or register visit [COMHS.org](http://COMHS.org).**

\*Registration is required for health screening and online events.

To register, call 219-703-2055

