



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE BEST MEDICINE

Ask Your Physician to Prescribe the Y! YMCA OF THE BLUE WATER AREA

What if there was one medicine so powerful in maintaining and improving health that it could prevent or treat dozens of diseases, such as diabetes, hypertension, heart disease and obesity?

THERE IS!

Talk to your doctor today about the Prescribe the Y program and make physical activity part of your life and health care plan.

Prescribe the Y is a prescription for health. With a prescription, you (and your household) will receive a 30-day membership to the Y for just \$20. YMCA Wellness Coaches will work with you to develop a fitness plan based on the recommendations of your healthcare provider.

BENEFITS

- Long-term healthy lifestyle change
- Learn to exercise in a safe way for improved strength, flexibility, balance & range of motion
- Prevention instead of intervention
- \$30 Gift Certificate at the end of the first month if you complete an initial assessment, participate in a group exercise class and use the Y at least three times a week
- Financial assistance program for those in need

FOR MORE INFORMATION ON PRESCRIBE THE Y

Traci Hofmann
(810) 987-6400 ext. 160
thofmann@bluewaterymca.com



SUPPORTED BY:

Lake Huron Medical Staff
McLaren Port Huron Medical Staff
St. Clair County Medical Society Foundation