



Cortland County Family YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CONTACT:

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For Immediate Release

Health Seeker's Series at Cortland Y

Cortland, NY—The Cortland County Family YMCA will be hosting a new fitness venture, The Health Seeker Series, kicks off with our Healthy Holidays wellness program Saturday, November 20, 10a.m-2p.m., everyone is encouraged to attend this FREE event.

The YMCA along with our community partners from the Cortland County Health Department, Seven Valleys Health Coalition and the Family Health Network will be offering introductory fitness classes, health and vital statistic screenings, along with educational and motivational seminars.

Health majors from SUNY Cortland will be presenting on healthy holiday tips, Rebecca Canzano, Supervising Public Health Educator and the SUNY interns will also be holding a short seminar on goal setting. Christella Yonta of the Seven Valley Health Coalition will inform participants on what correct portions of food are appropriate. Professionals from FHN will be here to teach on stress management techniques and coordinate blood pressure screenings. There will be a time for some healthy snacking too, so those interested can stay for the whole event.

There will also be an opportunity for health seekers to sign-up for the 6-week Healthy Holidays program, which will be followed by our 12-week Mass Meltdown weight loss competition in January.

Join us at the Y, 22 Tompkins St. in downtown Cortland, where together as a community we can pursue lifetime wellness one day at a time. For more information and a full schedule of events, please visit us online at www.cortlandymca.org or call us at 607.756.2893.

The Cortland County Family YMCA has proudly been serving the Cortland Community for the past 142 years. We are for youth development, for healthy living and for social responsibility.

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www.cortlandymca.org

YMCA MISSION:

To put Christian principles into practice through programs that build healthy body, mind and spirit for all
