



# ENCOURAGEMENT SUPPORT STRENGTH

## Learn more about **OPERATION VETSTRONG** at 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? What if there was a place where you could go and be welcomed, connected and supported?

### **THERE IS!**

Talk to your provider today about the **OPERATION VETSTRONG at the Y** program and make physical activity part of your life and health care plan.

### **OPERATION VETSTRONG at the Y IS AN ORDER FOR HEALTH.**

With an order, 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 personalized fitness plan based on the recommendations of your 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 OPERATION VETSTRONG AT THE Y**

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