



Healthy at Home

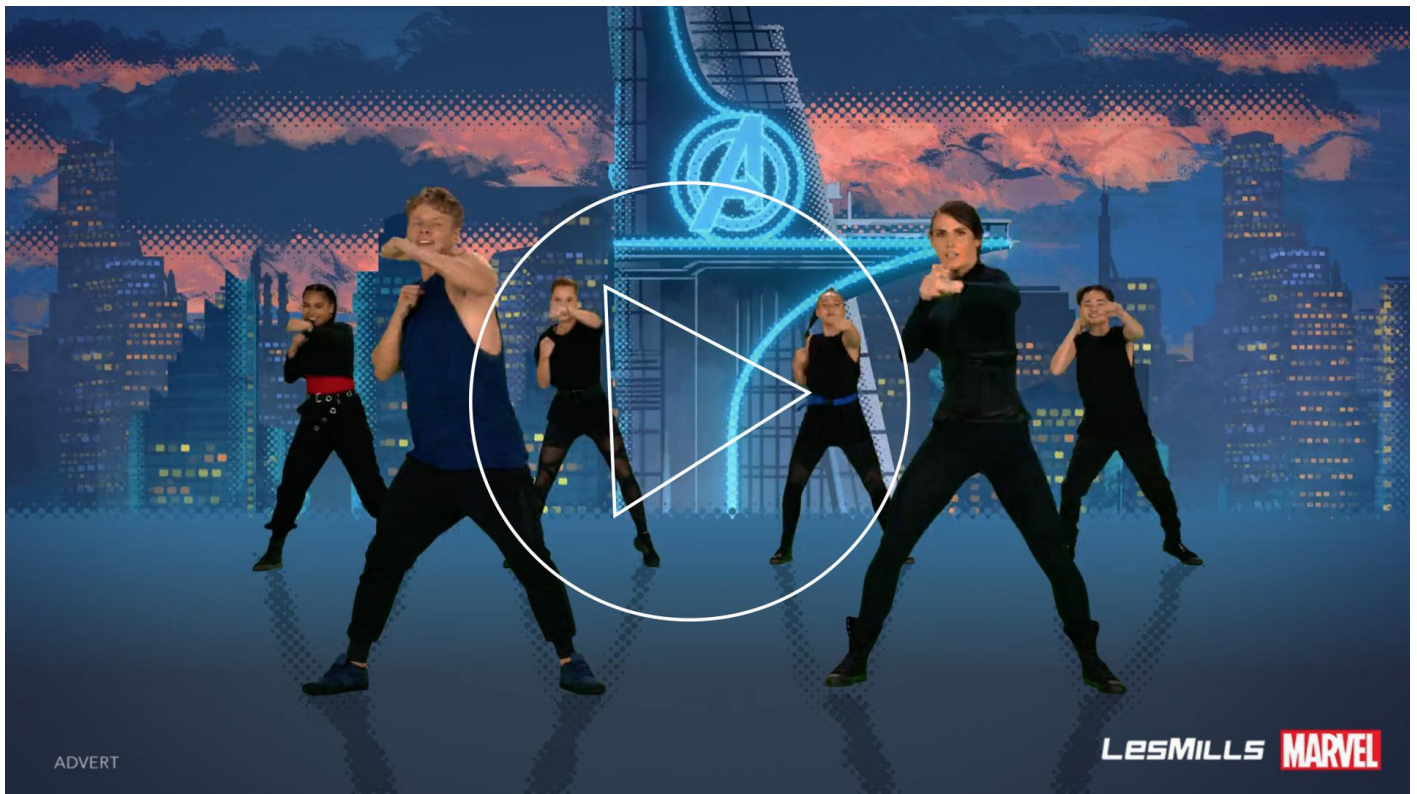
March 20, 2020

The Y is here for you – no matter where you are. And right now, we know most of you are at home – just like we are. **Healthy At Home** is a new way we will share resources with all of you to help you and your family stay active, engaged and thriving! We would love to see your videos and pictures and hear your stories about how you are staying [#healthyathome](#) – whether it's with our daily workout, or getting creative with learning resources for your kids! Each week, we'll randomly pick one winner who's shared how they are living [#healthyathome](#) in spirit, mind and body. Winners will be featured in our series and receive a Y bag of swag and a certificate for a FREE group training of your choice (redeemable upon re-opening). Tag us on social media with [#healthyathome](#), or email us at healthyathome@ymcarichmond.org.



Just because you're home, doesn't mean you can't work out. Check out this workout perfect for the whole family to enjoy!

MOVE LIKE THE AVENGERS



Make today COLORFUL! [Download](#) a printable coloring sheet. Will your apples be green, red, or even pink?! And, don't forget to tag the YMCA using [@YMCARichmond](#) to share your masterpiece with us.



Kathleen has formed so many meaningful friendships within the Manchester YMCA family, and that her daughter Juniper, now 1, has gained irreplaceable socialization skills and age-appropriate learning through the programming in Child Watch. [READ MORE.](#)

Thank you for your investment, belief, support and continued loyalty to the YMCA of Greater Richmond. Our greatest days are yet before us. We look forward to serving you and putting our Christian principles into practice through programs that build a healthy spirit, mind and body FOR ALL. [#ForABetterUs](#) [#BeCauseY](#)

A Message from our CEO



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