



Healthy at Home

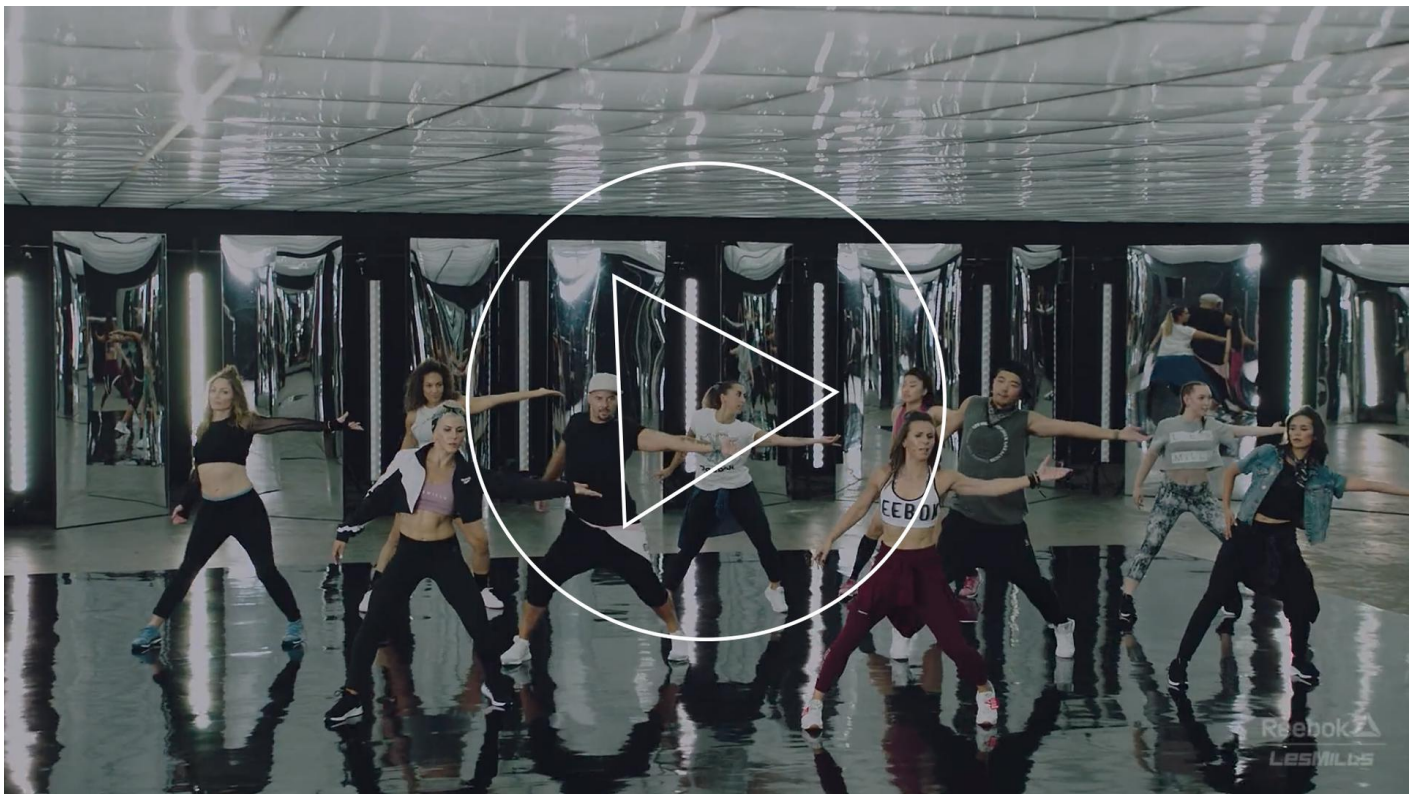
March 23, 2020

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 athealthyathome@ymcarichmond.org.



At Home Workout

Dance #LikeNina



Are you ready to create today's masterpiece? [DOWNLOAD](#) our latest coloring sheet and get creating!

I started coming to the Y in 2009. I was having nerve issues because of a back injury I had when I was younger and needed to strengthen my arms and legs. For longer distances, I had to use a wheelchair. [READ MORE.](#)

Email us what you've been up to!



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