Healthy at Home

April 7, 2020

We’re loving the videos, pictures and stories about how you are staying #healthyathome! You inspire us each and every day! Tag us on social media with #healthyathome, or email us at healthyathome@ymcarichmond.org. Be sure to share the name of your branch. You could be one of next week’s Wednesday winners!

Thank you for #stayingwithus. At the Y, we’re here for people. Even when our doors are temporarily closed, we don’t stop supporting our community. To learn more, visit us online.
Community Matters!

Be mindful of those in need! The YMCA picked up from local eatery Grissette and delivered meals to some of our neighbors in need in the Southwood community! To find out how the Y is Here. FOR GOOD., visit our site!

KID'S CORNER!

Scavenger Hunt!

Get outside and soak up the sunshine as you work through this Outdoor Scavenger Hunt!
Today's Workout!

Join Alex from the Patrick Henry Family YMCA for today's Bilingual Cardio Strength!
“Kayla teaches Water Zumba at the Tuckahoe Y and she is terrific!...Can’t wait to get back to her class!

– Jane, Tuckahoe Y member