Hope you enjoy today’s Healthy at Home! Tag us on social media with #healthyathome, or email us at healthyathome@ymcarichmond.org. Be sure to share the name of your branch and a heartfelt thank you for #stayingwithus! We are so thankful for you and all that you do to keep our communities healthy during this time.

QUOTE OF THE DAY

“Remember that the happiest people are not those getting more, but those giving more” - H. Jackson Brown Jr.
Tomorrow is #givingtuesdaynow, a national day of giving and support to non-profit organizations. At the Y, strengthening community is our cause. We couldn't do that without you. From all of us, a heartfelt thank you for #stayingwithus.

"Fill the Bus" Challenge is TOMORROW! Drive-thru drop-off food and toiletries donations to help fill an urgent need at local food banks and shelters. Give back! Get back!
LEARN MORE

KID'S CORNER!

Believe, Achieve and Tone!
Join William For This Week's Workout!
Next **App Challenge** begins on Monday, May 4 and we want you to try something new! What is that thing you always wanted to try but have not! Now is the time to step out of your comfort zone. Learn to play an instrument, support #givingtuesday, make a new dish for dinner, learn to juggle or perform a magic trick. You never know, you might just find a hidden talent!

**MONDAY VIRTUAL SCHEDULE**

“Today’s workout at the park consisted of upper body calisthenics... Although I prefer weights, calisthenics are a great alternative!

– Jonathan, Patrick Henry Y member
Why do you Y?

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