Healthy at Home

May 8, 2020

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

“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you!” Mary Lou Retton

Join Holly from the YMCA of Greater Richmond for Today’s Gardening Tip!
Six Sustainable Happiness Skills
KID'S CORNER!

Y Story Time How Does a Dinosaur Eat with Theresa!
Boot Camp Express con Santi en español!
Today's schedule!
“My son (Drake) and I created a pickleball court in our cul-de-sac. We used it as an opportunity to measure as a math lesson and then our family played for "gym" class.

- Jessica and Drake, Swift Creek Y members

Why do you Y?

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