



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NEW DAY!**

**TUESDAYS**  
September 24  
October 29  
November 19

# STRONG MOMS

**SEPT 24 | 20TH AVE**  
**LAUGH & PLAY**

Come and make some new mom-friends as we play various games guaranteed to give you a laugh!

**OCT 29 | DOWNTOWN**  
**RELAX & REPLENISH**

**LED BY:** Brandy Hankey, MS  
*Director of Wellbeing & Group Exercise*

Spend the evening in a judge free zone learning basic yoga. Leave feeling relaxed, with increased patience, and ready to engage with your family.

**NOV 19 | 20TH AVE**  
**HAPPY HOLIDAYS**

**LED BY:** Taylor Douglas, Youth & Family Director  
Holidays have you stressed out? No worries, spend the evening making EASY homemade holiday greeting cards. All the prep work is done for you – no cutting!

**Includes free childcare during the program + free dinner for kids & moms!**

**5:30–6:00 Dinner**  
**6:00–7:00 Program**

*STRONG MOMS WILL NOT MEET IN DECEMBER*

**FREE + OPEN TO ALL MOMS.**

REGISTRATION IS REQUIRED. Register online, or call 920-230-8439.

# TAKE A BREAK

**WHILE YOUR KIDS ARE CARED FOR.**

**OSHKOSH COMMUNITY YMCA** [www.oshkoshymca.org](http://www.oshkoshymca.org)

**DOWNTOWN 920-236-3380 324 Washington Ave.**  
**20TH AVENUE 920-230-8439 3303 W. 20th Ave.**

**FOR ALL FINANCIAL ASSISTANCE IS AVAILABLE.**

Through FOR ALL Financial Assistance, everyone – regardless of their financial circumstances – can belong to our Y, participate in programs, and improve their lives.

