



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

2023 YMCA of TUSCALOOSA

# COMMUNITY OPEN DOORS

WELLNESS WEEK - Nov. 27th - Dec. 2nd

## Seminars

### **Fitness Matters: Intro to Exercise Essentials**

**Monday, Nov. 27th @5:30pm - 6:30pm**

Whether you're new to exercise or looking to restart your fitness routine, this engaging and informative event is tailored just for you. Join us as we demystify the world of fitness, provide essential guidance, and inspire you to take those crucial first steps towards a healthier and more active lifestyle.

### **Nutrition Matters: The Art of Eating Well**

**Tuesday, Nov. 28th @ 5:30pm - 6:30pm**

Join us for an enlightening and interactive seminar designed to demystify the world of nutrition, providing practical tips, and empowering you to make informed choices that will positively impact your health. Discover the joy of eating well and learn how simple changes to your diet can lead to a lifetime of vitality

### **Balance Matters: A Seminar on Work Life Harmony**

**Wednesday, Nov. 29th @ 5:30pm - 6:30pm**

Join us for Balance Matters: A Seminar on Work Life Balance, where we delve into the art of balancing professional demands with personal well-being. In this enlightening session, participants will discover practical strategies and mindset shifts to foster sustainable work life balance, leading to increased satisfaction, productivity, and overall fulfillment.



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### **Work Well: Corporate Wellness Opportunities at The YMCA**

**Thursday, Nov. 30th @ 5:30pm - 6:30pm**

Join us for Work Well: Corporate Wellness Opportunities at The YMCA, an enlightening session dedicated to equipping you with the knowledge and tools necessary to foster a culture of well-being within your organization. In this comprehensive seminar, we'll explore the various facets of corporate wellness, from understanding its impact on employee engagement to implementing practical strategies that promote a healthier and more productive workplace.

### **Mind Matters: Nurturing Mental Health & Well Being**

**Friday, Dec. 1st @ 3:30pm - 4:30pm**

Step into the world of understanding, support, and empowerment at our Mental Health Seminar. In an era where mental health well-being is paramount, this seminar is designed to provide knowledge, resources, and a sense of community to those seeing to prioritize and enhance their mental health. Join us for a day of insightful discussion, practical strategies, and a collective journey towards mental wellness.