



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COLE CENTER FAMILY YMCA NEWSLETTER April 2017

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Our Mission: To put Christian principles into practice, through programs that build healthy spirit, mind and body for all.



Hours of Operation

Mon-Thu 4:30am-10pm
Friday 4:30am-8:30pm
Saturday 6am-6pm
Sunday 1pm-5pm

 Like us on Facebook

Follow us on [twitter](#)

Youth Development Summer Camp Registrations

CAMP WETHONKITHA!

The Camp Wethonkitha team strives to improve the quality of life and promote our core values of Caring, Honesty, Respect and Responsibility across the community. This means that camp is more than activities - it's about building relationships through skill building that emphasizes character growth and development.

Sign up today!



6 tips for staying healthy in Spring

1. Feel the NEW ENERGY of Spring!

2. Commit to



Please visit our website www.coleymca.net to download the necessary forms or stop by the Y front desk.

Healthy Living

Indiana Donor Network

Indiana Donor Network is a vital link between people waiting for life-saving organ transplants and donors.

Join us on Monday, April 24th from 5-7pm, for an informal information session with Chuck Lewis who knows first hand how important organ donation can be.

CLEANSING YOUR
LIFE-think
purification.

3. Update or begin
an EXERCISE
program.

4. Enjoy NATURE'S
BOUNTY-fresh
seasonal fruits and
vegetables at their
organic best.

5. Many HERBS are
useful during the
spring season
because they aid
detoxification.

6. SPROUTS are
likely the highest
quality and most vital
foods we can eat in
that they contain
high amounts of
many vitamins,
minerals, and amino
acids.



www.healthy.net



INDIANA DONOR NETWORK

Saving lives through organ and tissue donation

www.indianadonornetwork.com

Social Responsibility

Autism Awareness

Wondering what the brightly painted puzzle piece ribbons around town are?



Thanks to the Kendallville Day Care Center and their spring break kids, we are able to display these ribbons to raise awareness.

World Autism Awareness Day is an internationally recognized day on the 2nd of April every year, encouraging Member States of the United Nations to

take measures to raise awareness about people with autism throughout the world.

Upcoming Events

- **Diabetes Prevention Program - begins April 24th**
- **LIVESTRONG at the YMCA - begins April 24th**
- **My Best Health - begins April 24th**
- **Indiana Donor Network - Meet and greet April 24th 5-7pm**

Thank you for subscribing to our newsletter! If you have any questions please feel free to contact us or visit our website www.coleymca.net.

Sincerely,

Cole Center Family YMCA

*www.ymca.net