



CREATING NEW YEAR'S RESOLUTIONS

BALANCED HEALTH SERIES
Information for your overall wellness.
FREE! Open to Y members & the community.

DECEMBER 15, 2022

11:00 am-12:00 pm 
FDL YMCA
BOARD ROOM
90 W 2nd Street

**REGISTER ONLINE OR BY
CALLING 920.921.3330**



PRESENTER: Ben Wanezek,
Wellness Specialist, SSM Health at Work

Learn about
8 dimensions of
Wellness & Fad
Dieting. What is
trending and how
does it affect your
overall well-being.

Join this FREE
community
presentation to
learn more.

