



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMMUNITY HEALTH DAY



## Take Charge of Your Health

Looking for ways to inspire yourself and others to improve upon and maintain a healthy lifestyle? Check out Community Health Day, a FREE event designed to provide the community with more opportunities to stay active and grow in spirit, mind, and body.

Event will include:

- Many booths to explore, featuring local businesses and members of the community
- Activities throughout the day
- Healthy eating activities sponsored by Bon Appetit

**This event is FREE to everyone of all ages!!!**

**WHEN:** Saturday, September 23rd  
**TIME:** 10 am — 2 pm  
**LOCATION:** YMCA OF STEUBEN COUNTY  
500 E Harcourt Rd., Angola, IN 46703



### For More Info:

- Contact Kaitlin Kobelak at 260-668-3607 or [kaitlin@ymcasteuben.org](mailto:kaitlin@ymcasteuben.org)