

COACHING CONNECTION

The Coaching Connection is a wellness program offered to new and current members of the Richard G Snyder YMCA. You will meet one on one with a Wellness Coach for a 30 minute session and may schedule up to six sessions. The Wellness Coach will give you an opportunity to share your health history, talk with you about your goals, likes and dislikes, interests and work with you to create a plan to achieve your goals. The Y is committed to your success, so you can re-enroll in the program as often as you need. The Coaching Connection is a FREE program that is included with your monthly membership! Please stop by the Front Desk to schedule your first appointment.

**EVERYONE 9 YEARS AND OLDER SHOULD GO THROUGH
COACHING CONNECTION**

