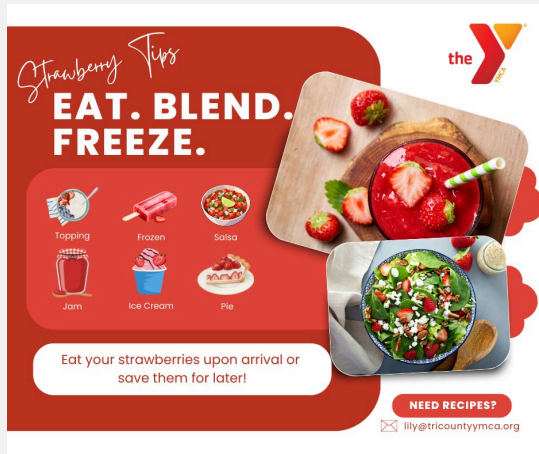




Tri-County YMCA February Newsletter

Order Your Strawberries by Tuesday, February 17



[Order Strawberries Here](#)

Strawberry orders are due Tuesday, February 17!

Support the Tri-County YMCA by ordering your strawberry flat today! Wondering how you'll use 4 or even 8 pounds of strawberries? No worries, we've got ideas!

- Store them in the fridge in a container lined with a paper towel to keep them fresh longer.
- Enjoy them as snacks or add them to salads and yogurt.
- Freeze extras for smoothies, jams, or summer treats like strawberry ice cream or ice cream bars.

Looking for fun and easy recipes?

Reach out to Lily at

lily@tricityymca.org, she's happy to help!



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RECLAIM YOUR ENERGY

LIVESTRONG AT THE YMCA
Tri-County YMCA



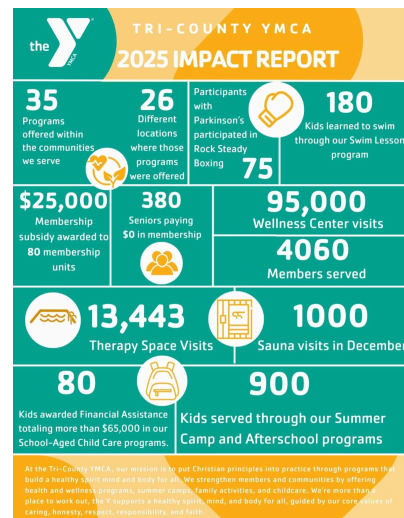
Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG Foundation have joined together to create LIVESTRONG at the YMCA, an evidence based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind, and body.

Dates: Mondays & Wednesdays from March 2nd - May 20th
Time: 1:00-2:30pm EST
Location: Clem & Mary Lange YMCA
131 E 16th Street
Ferdinand, IN 47532
Fee: Free for all participants

For questions, call Lauren Hinkle at 812-367-2323 or lauren@tricityymca.org

2023 2023



**YOUR Support Allows
Us to do More**

Register for the Spring Session of LIVESTRONG

Our Spring 2026 session of LIVESTRONG is set to **start on Monday, March 2!** This 12-week program is for cancer patients who are currently in treatment or have completed treatment. **It is FREE and limited to 12 participants.** Contact Lindsay at lindsay@tricountyymca.org or call 812-367-2323 to reserve your spot.

[Learn more](#)

The Tri-County YMCA's Annual Campaign creates opportunities for people in our community to stay engaged and live healthier lives. Your support expands access to programs that nurture kids, support families, keep seniors active, and promote wellness for all. Together, we're building a community where everyone can learn, grow, and thrive. Donate today!

[Donate Online Here](#)



[Our Company](#) | [Contact Us](#) | [FAQs](#) | [Privacy Policy](#)

Tri-County YMCA | 131 E 16th St. | Ferdinand, IN 47532 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!