

TOGETHER WITH YOU

The YMCA of Central New York is partnering with local oncologists to provide customized care for patients eager to continue their recovery.

Through this program, patients can enjoy an eight-week trial wellness membership at the YMCA of Central New York. YMCA wellness staff members will work with you and your provider to create a customized program to help you meet your wellness goals.



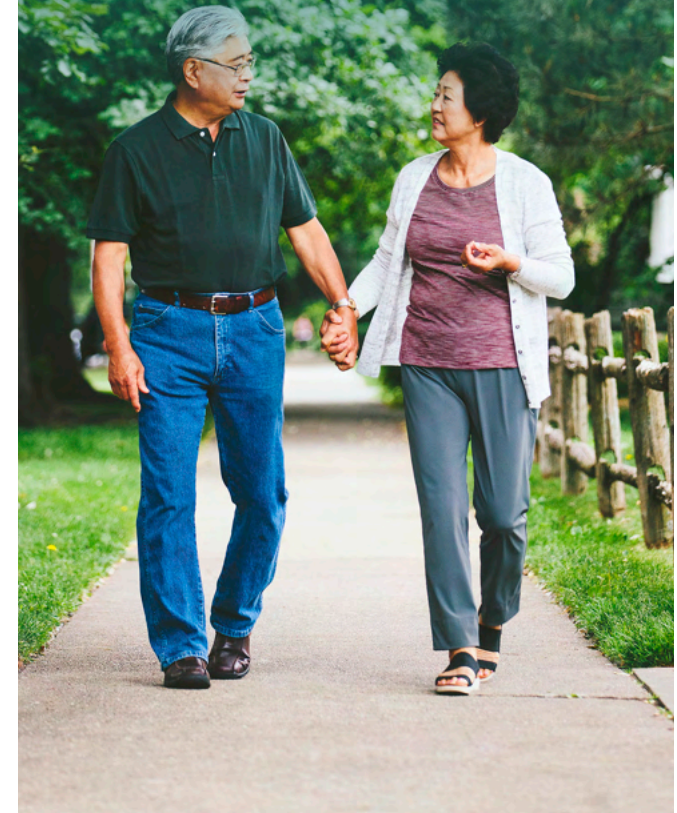
YMCA of Central New York
340 Montgomery Street
Syracuse, NY 13202

ymcacny.org



RESTORING STRENGTH TOGETHER

HOA of CNY Referral Program
YMCA OF CENTRAL NEW YORK



THE Y: STRENGTHENING BODY, MIND, AND COMMUNITY

PROGRAM OPTIONS

During your eight-week YMCA membership, you can take part in all of the wellness opportunities at the Y. After meeting with a wellness staff member for your initial consultation, you can participate in activities such as:

- Aquatic Group Fitness Classes
- Group Exercise Classes, such as Zumba, Pilates, Yoga, and Cycling
- Weight Loss Programs
- Swim Lessons
- Arthritis Classes (land and water)
- Walking Classes and Running Groups
- Senior Socials
- Nutrition Lectures

... and so much more!

Check with your location for more specifics about what is available.



BRANCH LOCATIONS & CONTACT INFORMATION

DOWNTOWN Y

340 Montgomery Street, Syracuse, NY
Program Coordinator: (315) 474-6851 x342

HAL WELSH EAST AREA FAMILY Y

200 Towne Drive, Fayetteville, NY
Membership Wellness Coordinator:
(315) 637-2025 x225

MANLIUS Y

140 W Seneca Street, Manlius, NY
Senior Program Director: (315) 692-4777

NORTH AREA FAMILY Y

4775 Wetzel Road, Liverpool, NY
Health & Wellness Director: (315) 451-2562 x214

NORTHSIDE WOMEN'S WELLNESS CENTER

511 Butternut Street, Syracuse, NY
Senior Program Director: (315) 991-4300

NORTHWEST FAMILY Y

8040 River Road, Baldwinsville, NY
Health & Wellness Director: (315) 303-5966 x218

SOUTHWEST Y

at Onondaga Community College
4585 W Seneca Turnpike, Syracuse, NY
Health & Wellness Director: (315) 498-2699

REACH YOUR WELLNESS GOALS

The YMCA wellness staff will work with you and your goals to increase your overall health and wellness. The team of personal trainers and Registered Dietitians can assist you in achieving increases in strength, balance, and cardiovascular endurance.

**Appointments with Registered Dietitians are fee-based. Check with your branch for availability and fees.

GETTING STARTED IS EASY

1. Ask your physician or provider for a referral to the YMCA.
2. Contact your local YMCA branch to set up a free consultation with a wellness staff member.

Your customized wellness program will be set up to meet your wellness goals under safety guidelines established by your physician and/or physical therapist. When you complete the program, you can choose to continue your commitment to a healthy lifestyle by joining the YMCA of Central New York.

INTAKE COORDINATOR

Email: intake@ymcacny.org
Phone: (315) 474-6851 x339