

# BE YOUR OWN BEST MEDICINE

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YMCA WELLNESS PROGRAMS  
FOR CHRONIC AND ACUTE  
MEDICAL CONDITIONS



[www.ymca.org/peninsula](http://www.ymca.org/peninsula)

# Through the YMCA Wellness programs, we can help you to be your own best medicine.

At the Y, our wellness programs are aimed towards specific conditions such as cancer, arthritis, and diabetes prevention. Our small-group settings provide a safe, motivating environment and our professionally trained staff offer unlimited support to help you learn new skills that can ease unwanted symptoms and help delay disease progression.

Contact us at (650) 294-2614 and we'll guide you through finding the right program for you and your unique conditions.

## Available Programs include:

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- Balance
- Chair Yoga
- Bone Strong
- Aqua Arthritis
- Aqua Strength
- Enhance Fitness
- PWR Moves
- Adaptive Pilates
- Diabetes Prevention Program (DPP)
- Living Strong Living Well (LSLW)
- Blood Pressure Self-Monitoring
- Pilates for New & Pregnant Moms
- and so much more!

Engage in even more activities at the YMCA that will develop your physical, mental, spiritual and social well-being.

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- Nutrition & Wellness Seminars
- Ballroom Dance Socials
- Hiking Group
- Fitness Challenges
- Health & Nutrition Classes
- Active Older Adult Day Trips



# We're here for you.

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## Have you experienced any of the following conditions?

- Arthritis
- Diabetes/PreDiabetes
- Osteoporosis
- Parkinsons
- Pregnancy
- Cancer
- Instability
- Disability
- Injury, stroke, or surgery recovery

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## Want to improve certain areas of your physical abilities?

- Build bone and/or muscle mass
- Enhance flexibility
- Increase endurance
- Strengthen your core
- Improve balance
- Develop better nutrition
- Achieve weight control

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## If you've said yes, we have the right program for you!

We have a wide variety of programs (listed to the right) that can help you build bone mass, enhance flexibility, achieve weight control and increase cardiovascular endurance. These programs can also improve symptoms related to cancer, diabetes, arthritis, surgery, and other medical conditions.

Learn more about our various health and wellness programs and about our approach to holistic wellness. Visit us online at [www.ymcasf.org/peninsula](http://www.ymcasf.org/peninsula) and find your own best medicine.



## Did you know...

**Arthritis** is the #1 cause of disability in the country. Exercise plays an important role in managing arthritis symptoms. Ask about **Aqua Arthritis** or our **Enhance Fitness** program.

**Diabetes** (diagnosed and undiagnosed) affects 1 out of 11 Americans. Pre-diabetes affects 1 out of 3. Diet and exercise are both key strategies to beat or manage the disease, and studies show that this combo can sharply lower the likelihood of diabetes, even in people who are at a high risk of developing it. Ask about our **Diabetes Prevention Program**, **PWR Moves**, or our **Nutrition Seminars**.

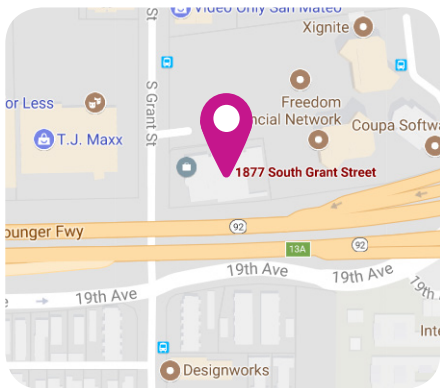
**Parkinson's Disease (PD)** is a chronic and progressive movement disorder. Symptoms continue and worsen over time. For people with PD, exercise is a vital component to maintaining balance, mobility and the ability to perform activities of daily living. Establishing exercise habits early is essential. Ask about our **PWR Moves** or our **Balance** program.

# CONTACT US

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## Peninsula Family YMCA

1877 S Grant Street  
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Free ample parking available!



Always consult your  
doctor before beginning  
new exercise.