OCTOBER COMMUNITY CONNECTIONS

## YMCA COMMUNITY HUB & DOWNTOWN Y

805 W. Franklin St. and 1050 W State Street

For more information, contact: Camille McCauley 208-344-5502 ext. 272 Camille.Mccauley@ymcatvidaho.org

PLEASE SIGN UP THROUGH YOUR YMCA360 (WEBSITE OR MOBILE APP) UNDER FOREVERWELL COMMUNITY EVENTS OR Y COMMUNITY HUB



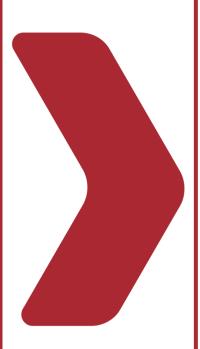


## The Hub & Downtown Y

We're happy to share that many of your favorite classes and activities are still happening at the Hub, and some (like Needle & Yarn Club, Cribbage, and Book Club) are moving to our Downtown Y for now so we can keep them going without interruption.

We truly appreciate your patience and flexibility during this time. Please know our door is always open—we'd love to hear from you if you have questions or ideas.

Camille.McCauley@ymcatvidaho.org 208.344.5502 x 272 Barbie.Becker@ymcatvidaho.org 208.344.5502 x 255





## LONGEVITY LESSONS FROM THE BLUE ZONE

Presented by: Kim Verity M.S., M.A

Thursday, Oct. 23, 12–1:30 p.m., at the HUB

Explore the eating patterns and lifestyle habits of the world's longest-living communities. Learn simple, sustainable strategies inspired by these regions—like plant-forward meals, mindful eating, and community-centered living—that can help support health, vitality, and longevity at any age.

Register in YMCA360 or call the Downtown Y at 208–344–5501

