

Morgan Murphy

From: YMCA of the Treasure Coast <engagesupport@daxkoengage.com>
Sent: Friday, February 4, 2022 4:04 PM
To: Morgan Murphy
Subject: Healthy Hearts Start Here



February is American Heart Month, and [with recently published research indicating blood pressure control has worsened in both men and women since the onset of the COVID-19 pandemic](#), the YMCA of the Treasure Coast urges members to make their health a priority by getting a blood pressure screening. Blood pressure guidelines from American Heart Association indicate that nearly half of all Americans (46 percent) have high blood pressure. High blood pressure is often referred to as “The Silent Killer” because there are typically no warning signs or symptoms.

While high blood pressure and heart disease are serious conditions, the good news is a healthy heart is an achievable goal through lifestyle changes such as lowering sodium intake, eating healthier, and getting more physical activity. Here are some tips for the whole family to become heart healthy this February.

Tips for Getting Your Heart Healthy

HEALTHY HEARTS START HERE



Join the Y between February 11th - 14th for **ONLY \$14** for the rest of February with no contract and we'll waive the joining fee!

Offer valid for Individual, Couple, Family and Student Memberships

JOIN FOR \$14

CLASSES FOR A CAUSE

Help Us Build a Stronger Community!

Come to a class and make a donation:

Wednesday, February 23rd

8:00 - 9:30am

9:45 - 11:00am

12:00 - 1:00pm

5:30 - 7:00pm

Friday, February 25th

9:00 - 10:30am



[CLICK HERE FOR THE FULL CLASS SCHEDULE](#)

MEMBERS FOR A CAUSE

We Can Make a Difference Together!

For \$50, we can change a child's life by providing a week of Summer Camp or we can give a family a month membership to stay healthy, get fit and grow together as a family!

CLICK HERE TO MAKE A DIFFERENCE AND DONATE TODAY!



WE'RE HIRING!

April, 27th, 2pm-5pm

We are hiring for the following positions:

- **Lifeguards** at Stuart Branch
- **Summer Camp Counselors** in Stuart, Port St. Lucie, Ft. Pierce and Indiantown

APPLY TODAY!



SECRET GARDEN SOIREE



**Join us for a Magical Evening of
Dinner and Dancing**

Saturday, April 2, 2022

Leighton Farms
6196 SW Martin Hwy
Palm City, FL 34990
6:00pm - 9:00pm

Open Bar ~ Raffles ~ Live Auction

Proceeds from this event benefit:
The YMCA Indiantown Pool Renovation

**CLICK HERE FOR TICKETS &
SPONSORSHIP
OPPORTUNITIES**



**35th Anniversary
Easter House**
RAISING FUNDS FOR THE YMCA OF THE TREASURE COAST



Are you ready for some football?
We are giving away a FREE 70" TV to one lucky winner on February 11, 2022!

Simply complete an Easter House ticket purchase ONLINE between February 1st - 10th and you will be automatically entered into our BIG SCREEN TV giveaway drawing (no promo code required)!

Don't forget - any Easter House ticket purchase completed in the month of February will also include one entry into our February \$1,250 Cash Drawing!

ENTER TO WIN FLAT SCREEN TV

That's THREE chance to WIN this month!

1. **Win a 70" Big Screen TV on February 11th**
2. **Win \$1,250 on March 4th**
3. **Win a House or \$250,000 Cash on April 14th**



SPRING BREAK SWIM LESSONS

Monday, March 14th - Thursday, March 17th

Take this opportunity to ensure your swimmers are ready for the summer! Spring Break Session includes 4 swim lessons for ages 6 months - 14 years old. Here at the Y, safety is important to us! We are excited to offer these lessons at a reduced cost of **\$40** for the entire session! Advanced registration is required.

Click the Class Levels Below to Register:

Water Discovery (6-20 months)

1:30pm - 2:00pm

Water Exploration (18-36 months)

1:30pm - 2:00pm

Pike (3-5 years Beginner)

2:10pm - 2:40pm

Eel/Ray (3-5 years Intermediate)

2:45pm - 3:15pm

Starfish (3-6 years Advanced)

2:45pm - 3:15pm

Polliwog (6-14 Beginner)

3:30pm - 4:10pm

Guppy/Minnow (6-14 Intermediate)

4:15pm - 4:55pm

Fish (7-14 years Advanced)

4:15pm - 4:55pm



SPOTLIGHT

WELCOME SHEENA GROSE

Director of Corporate Relations



Sheena comes to us with over 12 years of experience in Real Estate Administration and has a long history with our YMCA. She first became a member when she was in high school and now her daughter, Dallas, has been working here for the past 18 months as a lifeguard, swim instructor and receptionist at our front desk and fitness floor. Sheena was also instrumental in the approval process for a grant to our YMCA as a founding member of the Premier Charitable Fund and has served as a chef at our Celebrity Chef fundraiser the past two years.

On her free time Sheena is the President of the Hobe Sound Ravens state champion football team and when she isn't on the football field with her two sons, she can be found kayaking with her husband and two French Bulldogs.

JOIN OUR TEAM

Connect with us on:



YMCA of the Treasure Coast | 1700 SE Monterey Road Stuart, FL 34996

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