



# WELCOMING WEEK

# SEPTEMBER 10 - 19

## LAKELAND HILLS FAMILY YMCA

### EVERYONE IS WELCOME AT THE Y!

Celebrated each year in September, **Welcoming Week** elevates the growing movement of communities that fully embrace new Americans and their contributions to the social fabric of our country. It's a chance for neighbors — both immigrants and U.S.-born residents — to get to know one another and celebrate what unites us as a community. **We've all experienced moments where we felt like we didn't belong.** Together, we can change that. And that is exactly why the Lakeland Hills Family YMCA is celebrating "us" and everyone is invited to be part of the celebration.

### September 10 – 19: What's Happening?

There is always something to bring you to the Y. Highlights of this free community event include:

- **Voter Registration Drive** – registering to vote is one of the most important things you can do!
- **Take a Tour and Find Out More:** Receive a free 7-day pass to try the Y just by taking a tour of our beautiful facility and discover why we are Morris County's leading health & wellness organization!
- **Welcome Raffle Basket:** Stop in for a chance to win a free "Welcome Fall" prize basket!
- **Free Flu-Shot Clinic** courtesy of the pharmacy of Acme of Denville: **Thursday, September 16 from 10:30am-2:30pm.** Just drop in – no registration required. Clinic is held safely outdoors in the back of the Y under a covered pavilion. The vaccination is free, but please bring your insurance card.
- **Dance Fitness Class Buffet** (sample new classes for free – registration required) on **Thursday, September 16 at 6pm or 7pm.** Free refreshments after each class. Each session is comprised of 3, 15-minute dance genres of Bombay Jam®, Country Fusion®, and Zumba.
- **Free Health Screenings:** Dates to be announced. Check the Y's website: [www.lakelandhillsymca.com](http://www.lakelandhillsymca.com).

## QUESTIONS?

Contact Rosemary Linder Day: [rosemaryl@lhymca.com](mailto:rosemaryl@lhymca.com)

### LAKELAND HILLS FAMILY YMCA

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