



While the Y's buildings are closed, our commitment to our members is always ongoing. We want to provide you with resources to stay active and engaged while you are home. Here are some options to stay connected to us and your Y friends and family:

### **HEALTH & WELLNESS**

- **Join our Y at Home Facebook groups!** On the left side of our Facebook page, select groups, pick the group, and ask to join! We know that your favorite part of the YMCA is the sense of community and camaraderie you get when you walk through our doors. That is why we created this group: so that active YMCA members can stay connected from any where, any time. We also want to provide you with free, exclusive content to thank you for being part of our Y family! Stay tuned for workout tips, family activities, and more! And of course, have fun! Feel free to check in, let us know what you're doing, how you're working out, what activities you're doing with your family, or anything else. We welcome pictures and videos of your workouts and activities, and our staff will be checking in as well.
- **Participate in a national exercise challenge: Health-Y 600!** This program allows states across the country to compete to reach their goal of 600 minutes of exercise over the next 30 days. Learn more and sign up by [clicking here](#). The code is STAYHEALTHY
- **Looking for structured at-home Y workouts?** Y-360 has you covered! With more than 60 videos with unique workouts designed specially for adults, children, and seniors, you can find everything you need to keep your wellness journey going! [Click here](#) to learn more.
- **Interested in national workouts that you know and love?** Our members get FREE access to [MOSSA Move](#) and [Les Mills at Home](#) workouts! Try your hand at these beloved programs, and get even more exclusive content in our Y at Home Facebook groups!
- **Missing Silver Sneakers?** Don't worry! Silver Sneakers' own Facebook group is streaming live videos! [Join them today!](#)

### **CHILD DEVELOPMENT**

- **We are offering toddler and preschool care!** The YMCA of Greater Hartford has reopened three of its early childhood programs to care for children who have parents that work in essential fields. Our regular child care families of course still have access, but we have opened the

programs up to first responders, healthcare workers, and other essential employees. Call your branch at the phone number in the footer of this email if you are interested in care for your little one.

- **COVID-19 explainer for kids, by kids.** Through our partnership with Trinity Health of New England, we are offering [access to a webinar](#) designed for children to teach children about COVID-19. This Thursday, March 26, at 1pm, tune in for a live chat. [Click here](#) to register.
- **Looking for fun activities?** During this period of isolation, stay tuned to our Facebook pages, and the Y at Home Facebook groups (info above) for live videos on activities to do with your kids, learning exercises, work outs for the whole family and more! Looking for something and not seeing it? Send us a message on Facebook!
- **Get your kids moving!** In the Health & Wellness section above, you will find links to Y360, Les Mills and MOSSA. All have youth-friendly workouts that you can do from home!

We want to thank you again for being part of our YMCA family. Whether you are financially able to continue with your dues as a donation, or if you are struggling and need to take a break, we want you to know that WE ARE HERE FOR YOU. We will be checking in with our LiveSTRONG participants and seniors, but we want to hear from everyone! Drop us a note on Facebook, give us a ring, or send us an email. We are here for you, and we appreciate you!

Sincerely,

Your YMCA Team