

You are invited to enjoy **TWO FREE WEEKS** at the Y!

BUILDING A BETTER WORKFORCE



# HEALTH AND WELLNESS START HERE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**ENJOY TWO FREE WEEKS AT THE Y!**  
**NOVEMBER 1 - 14, 2023**

**NORTON HEALTHCARE** and the YMCA of Greater Louisville partnered to give you special savings through the YMCA Worksite Wellness partnership. You'll receive:

- 100% discount on Join Fee
- Up to one month free with prorated membership
- Discounts on swim lessons, youth sports, child development programs, camps & more

**In addition to the TWO FREE WEEKS AND BENEFITS, you'll also enjoy motivating group fitness classes, year-round swimming, great programs for kids and personalized healthy living programs for the entire family!**

Stop by any of our 10 locations or Y @ Work fitness center, show proof of employment at the front desk, and get started on your wellness journey! Scan the QR code below to explore a full list of member benefits and to find a location nearest you.

Norton Y @ Work fitness center is located at the Norton Healthcare Pavilion at 315 E. Broadway.

**TO LEARN MORE ABOUT WORKSITE WELLNESS:**  
Corporate Relations Director  
502.523.9277 or  
cr@ymcalouisville.org



The Y is for everyone. We offer affordable membership and program rates based on household income.



[ymcalouisville.org](http://ymcalouisville.org)