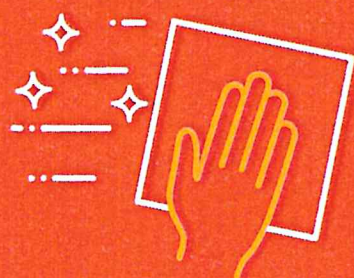




SAFEGUARDING OUR HEALTH

Follow these important guidelines from the CDC to protect yourself and others from getting and spreading respiratory viruses like the flu and Coronavirus (COVID-19):



Wipe down equipment before and after each use.



Wash or sanitize your hands often.



Cover your cough and sneeze with a tissue and dispose tissue in the trash.



Stay home when you are sick.

Thank you for your help to keep the YMCA community healthy and safe for all.