



# GOOD NEWS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

A newsletter for our Y Members & Friends

## PORTAGE TOWNSHIP YMCA

### WELCOME RECEPTION FOR SHANNON BURHANS

**When:** Friday, November 17<sup>th</sup>

**Time:** 4:00pm-7:00pm

**Where:** Portage Township YMCA  
3100 Willowcreek Rd.  
Portage, IN 46368

**Who:** Everyone & Anyone

**What:** Welcome Reception. Enjoy casual conversation over light refreshments with the Portage Township YMCA's new President & CEO, Shannon Burhans.



### AQUATICS PROGRAM

### RETURNING JANUARY 2018

While the details of the program offerings are not yet available, we are happy to announce the return of our Aquatics Program, taking place at the Best Western Plus Portage Hotel & Suites in January 2018.

We are now looking for a part-time Aquatics Coordinator to run the program. Please share the news and spread the word, sending any prospective applicants to the Y with copies of current aquatics-related certifications, resume and completed employment application.

## ST. MARY MEDICAL CENTER HOSTS

### OSTEOPIROSIS: THE SILENT DISEASE SEMINAR

On Wednesday, November 15<sup>th</sup>, our partner in health, St. Mary Medical Center hosted an osteoporosis seminar in the Y Café. Approximately 16 people were in attendance and gained valuable knowledge from Pharmacist Jonathan Guerrero, PharmD, BCPS as he presented the causes and risk factors of osteoporosis and how the condition can be treated.

For more FREE St. Mary Medical Center Seminars, visit our website or see on-site RN, Danny Gonzalez, in his office located in the free-weights room. He can also be reached at (219) 764-7217. Better together.

