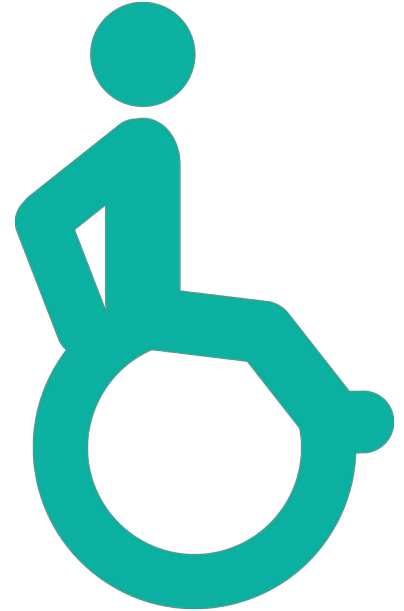




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUCCESSFUL LIVING SERIES



Free Community Seminars

Join the South Shore YMCA for our Successful Living Series, a seminar series designed to improve education and quality of life amongst people with chronic physical disabilities. Seminars will be held monthly at the Quincy YMCA and cover a different topic each month— including PCA hiring, Job and school resources, wheelchair alignment and adjustment, insurance, prevention of skin breakdown, nutrition and more.

WHEN: 2nd Thursday of Every Month—Beginning January 2017

TIME: 3:00 PM

LOCATION: SOUTH SHORE YMCA—QUINCY BRANCH
Conference Room (1st Floor)
79 Coddington Street
Quincy, MA 02169

CONTACT: For more information please contact Sheryl Rosa at srosa@ssymca.org or 617-479-8500 ext. 4762.

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