



YMCA of Long Island Monthly Challenge

RenewActive™
by UnitedHealthcare

Stay Fit and Focused

Join our YMCA Membership/Renew Active Monthly Wellness Challenge and put your health first **THIS YEAR!** Visit the Y and get your card punched once a month for your chance to win a prize. Your journey to a healthier, happier you starts now!



Visit the Y and get your card punched once a month (12x) and earn yourself a Y sweatshirt!



YMCA OF LONG ISLAND

Bay Shore • East Hampton • Patchogue
Glen Cove • Huntington

Join us!

