



EXPAND YOUR WORLD

September 23 – October 2

Welcoming Week Activity Card

We're welcoming everyone to get STRONG together inside and out.

Register for the free 3-week STRONG Challenge for fun and to build up your spirit, mind, & body!

Text: STRONG to 844-889-622 2
or go to <https://bit.ly/3cpTf9S>

Download and use our Y Mental Wellness Resilience App for your own well-being and to help others!

Search "YMCA Mental Health" in Google Play or "Dinner Table Resilience" in Apple App Store.

Try a recipe from the "Taste of Belonging" Cookbook.

Link: <https://bit.ly/3AsEVFU>

Try a new group exercise class in person, or in the pool, or virtual to expand your world of wellness and make new friends!

More than 100+ classes to choose from: ymcahonolulu.org/schedules

Join the most welcoming place - the YMCA!

Save \$99 with a new membership. Current Members get a free month of membership for every new member referral.

Details: ymcahonolulu.org/membership

Try a new "culture" class at the Y - Martial Arts, Hula, Ukulele, Ikebana, and more!

Details: <https://bit.ly/3QOECLY>

Share a story on social media about your family's heritage or favorite family recipe, and invite others to share.

[Facebook.com/YMCAofHonolulu](https://www.facebook.com/YMCAofHonolulu)
[Instagram.com/YMCAHonolulu](https://www.instagram.com/YMCAHonolulu)

Make a donation to the YMCA to help ensure everyone is welcomed and has access to programs and services to reach their potential in mind, spirit and body!

Donate: ymcahonolulu.org/donate

Welcome nature into your family's fun by reserving a Family Camp Weekend at Camp Erdman.

Details: <https://bit.ly/3TcT2Yn>

Happy Welcoming Week at the Y! We're excited you're here to connect with what unites us all as a community!

Here are nine fun and easy ways to expand your "world" while making your community a more welcoming place for all.

1. **Complete at least 3 activities on this flyer.**
2. **Turn in your flyer at a Y Branch, OR submit online using the link or QR Code to be entered to win the GRAND PRIZE: Choice of a FREE 6-Month Y Membership OR a FREE Family Camp Weekend or Summer Camp Week at Camp Erdman.**

Name: _____

Email Address: _____

Phone Number: _____

Y Member? Yes ___ No ___



<https://bit.ly/3wAe0Xg>



WELCOMING AMERICA



Welcoming Week is an initiative of WELCOMING AMERICA and a proud expression of the BELONGING BEGINS WITH US campaign.

BelongingBeginsWithUs.org

For a better us.®