



## GET HEALTHY!

**MADE (Morgan Adult Diet and Exercise)** is a free collaborative program presented by the Barbara B. Jordan YMCA and IU Health Morgan. The program is funded and supported by the Kendrick Foundation. The 8 week program for adults, led by a Registered Dietitian and a Licensed Physical Therapist, is focused on nutrition, diet and exercise. Participants will learn how to use exercise equipment safely, how to progress an exercise program, how to read food nutrition labels, how to set and achieve goals, and how to make healthy dietary choices. An advisor from Centerstone will provide emotional guidance for participants. Every student who completes the program will receive cooking and exercise supplies and a free 3 month individual membership to the Barbara B. Jordan YMCA.

**LOCATION:** Virtual

**DATES:** Every Tuesday from 7:30 am - 9:00 am November 23 - January 11

**TARGET AUDIENCE:** Adults 18 years and older

**COST:** FREE

**REGISTRATION:** Required. Call 765.349.6736 (option 6) or 765.342.6688



Morgan

