



BUILDING CONNECTIONS

Healthy Aging Virtual Community Cafés

The virtual community cafés bring together those who are 55+ to engage in meaningful learning and sharing around topics relevant to individuals moving toward and through their golden years. The goal is to build spirit, mind, and body health such that all may thrive with greater purpose, connection, and well-being.

- Every Tuesday from 1-2pm via zoom
- See the schedule of topics at:
ymcainw.org/ymca-community-cafe
- Questions? Nicole Manus | nmanus@ymcainw.org



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