



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU'RE SWEET. I'M NUTS. BUT WE'RE BETTER TOGETHER

National Friendship Day
Bring a Member Drive

Sunday, August 5th

HARRISON FAMILY YMCA

The Better Health Channel states that exercising with a friend or loved one can make it more fun, and increase your chances of sticking to your exercise plan.

On National Friendship Day, August 5th, we are inviting all members to

bring a friend for FREE for the day!

Member & Guest can pick up their fun **Peanut Butter & Jelly shirt** from the Front Desk after completion of your exercise.

*Shirts are while supplies last.

*Member & Guest should be together to pick up their shirts on August 5th.

*All guests should bring a valid photo ID and fill out guest form upon arrival. Forms are also available online.

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC 27804

P 252 972 9622 www.harrisonfamilyY.org