



The YMCA Adirondack Regional Wellness Center in Chestertown and Hudson Headwaters Health Network have teamed-up to help you **STAY HEALTHY!**

Become a member and you can:

- Use state-of-the-art exercise equipment for strength training and cardio workouts
- Meet with a wellness coordinator who will address your overall goals and develop a free wellness plan
- Meet with a counselor through Turning Leaf Counseling Services, who will teach you skills for emotional well-being

Free Wellness Plan
Call the YMCA at
518-803-4028
or speak to your provider

Gym fees are often reimbursable through your insurance company.
Financial Assistance may be provided for those who qualify through the YMCA.

Conveniently located near the Wellness Center:

Town of Chester Public Library, Town of Chester Youth Commission, Town of Chester Offices; Office for the Aging Meal Site; and Helpers Fund Food Pantry.