



Free and Open to All Who Participate in

America On the Move

September 20 - 27

No Joining Fee

www.ymca-portland.org

 **YMCA** of
Columbia-
Willamette

Small changes can lead to big success.

Our YMCA health and wellness centers will be open to the public free of charge the week of September 20 – 27. Join us for America On the Move at the YMCA. Stop by any of our centers to register and track your steps. While you're here, please consider the benefits of membership and pay **No Joining Fee** on a new Lifestyle Membership.*

Beaverton Family YMCA

503.644.3900

Clark County Family YMCA

360.885.9622

Sherwood Regional Family YMCA

503.625.9622

*Guest policies apply. Good for non-members only. Limit one per family unit. Local residents only. Photo ID required. Offer good 9/20/09 – 9/27/09. *Lifestyle Membership not available at Sherwood Regional Family YMCA, however no joining fee will apply toward any new membership at that location.*