



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NURTURING HEALTH TOGETHER

Give this referral card to a friend, neighbor or co-worker.  
If they join, and bring in this completed card,  
we'll give you a month **FREE!**

## Stay active

The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, gender or physical ability. Take advantage of our group exercise classes, fitness center, weight room, basketball courts or pools. If you have troubles staying motivated, invite a friend. For every membership you refer, you receive one free month of membership to help keep you on track.



### **MEMBER REFERRAL CARD**

Fill in your member information and give this card to a friend.  
When your friend joins, you get a free month.

Member Name: \_\_\_\_\_

Member Birth Date: \_\_\_\_\_

Member Signature: \_\_\_\_\_

**SUMTER FAMILY YMCA**  
510 Miller Road  
Sumter, SC 29150  
803-773-1404  
ymcasumter.org



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**Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**