



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY HEART HEART MATTERS

## StrongHeart

This 12-WEEK program is designed for cardiovascular disease and stroke survivors, as well as for individuals who are at high risk. In partnership with Palmetto Health Tuomey, the American Heart Association, and Palmetto Health USC Medical Group, the Sumter YMCA is offering an education and physical activity based program to promote healthier hearts. The program will meet twice a week for 90 minutes. This program strives to help improve each participant's health while giving them the tools to be successful.

**Session Dates:** Feb 4 - April 24:  
**Mon. /Wed.** - 4:00 - 5:30 pm  
**Tues./Thurs.** - 10:00 - 11:30 pm

Applications available at the member service desk.

No cost to participant.



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



Heart Walk.®

**PRISMA**  
HEALTH<sup>SM</sup>  
**Palmetto Health USC**  
MEDICAL GROUP

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