



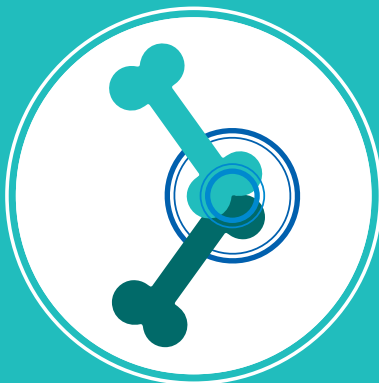
YMCA OF SAN DIEGO COUNTY  
**COMMUNITY  
WELL-BEING  
& BELONGING**

# HEALTH & WELLNESS WORKSHOPS

By Leesa Latimer, Health Coach

Health talks provide valuable insight and practical advice on various health topics. Leave with actionable takeaways that can positively impact well-being. Make your reservations today. Limited space available.

The cost to attend one for non-members is \$11 with members receiving 25% off. We plan to offer a discount if people sign-up for all three with the non-member rate for all three of \$27 with members receiving 25% off.



## Inflammation at the Root of Most Diseases

Wednesday, May 22, 2024  
at 12:00pm

Learn about the impact of inflammation on health and strategies to prevent and manage it. Join us to discover practical tips for incorporating diet and lifestyle changes to reduce inflammation and improve overall well-being.



## Changing Habits with Lasting Results

Monday, June 3, 2024  
at 5:30pm

Unlock the secrets to successfully changing habits by understanding the components of habits and mastering effective strategies for lasting behavioral transformation.



## Pre-diabetes

Thursday, August 22, 2024  
at 1:00pm

Discover practical steps to manage and prevent pre-diabetes, including lifestyle changes and dietary adjustments, in an informative talk aimed at empowering individuals to take control of their health.

Register at the Welcome Desk. Questions? Contact Leesa Latimer: [llatimer@ymcasd.org](mailto:llatimer@ymcasd.org)