

EXPLORE THE FIVE DIMENSIONS OF WELLBEING

Every YMCA of the North program connects to our Five Dimensions of Whole-Person Wellbeing. So, whether you're looking for a specific program, or looking for new opportunities to take your journey further, the Y is here for You!



Program	ENTRY DIMENSION				
	Nourish	Move	Reflect	Connect	Restore
Adventure Lab		●			
Bodywork*					●
Camp				●	
Community Advocacy				●	
Counseling					●
Child Education and Development			●		
ForeverWell				●	
Gardens and Farms	●				
Group Exercise classes		●			
Leadership Development			●		
Mind/Body Classes**					●
Nutrition Workshops	●				
Individual Health Coaching			●		
Individual Nutrition	●				
Personal/Small Group Training		●			
Pilates Reformer		●			
Resource Navigation					●
Retreats					●
School Aged Care				●	
Sports		●			
Strength Training		●			
Training and Development			●		
Volunteer				●	
Wellbeing Workshops			●		
Youth Programs				●	

Programs vary by location. * Bodywork includes massage, community acupuncture, traditional Chinese medicine, and reiki. ** Mind/Body classes include, yoga, meditation, sound baths, breathwork, and Tai Chi.

YMCA OF THE NORTH

ymcanorth.org/5DoW

The YMCA is a 501(c)(3) not-for-profit social services organization.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY