



# Seniors Programs at the Kamloops Y: Elevating Health and Community

Embrace health, activity, and connection at the Kamloops Y! We offer a diverse range of programs tailored to older adults, guiding you along your journey to wellness.

Participate in one of our Health and Fitness Programs crafted to enhance cardiovascular health, flexibility, and strength. Activities such as low-impact aerobics, chair yoga, AquaFit, and more will help keep you active and engaged. We also offer a variety of Health Workshops in collaboration with local health organizations, where you can access valuable information on nutrition, chronic disease management, and fall prevention, empowering you to remain self-sufficient and well-informed.

And new this year is our Aging Mindfully program, an exclusive, free 8-week initiative

emphasizing physical activity, mental wellness, and social connection specifically for older adults. Dive into mental wellness strategies, engage in mobility-enhancing exercises, and forge meaningful connections with peers.

Alternatively, consider becoming a Y Volunteer! Volunteer Opportunities offer a gratifying means to give back to the community while enriching your own life.

With our flexible, affordable membership options, including financial assistance opportunities, our facility is outfitted with senior-friendly amenities to ensure your safety and enjoyment.

The YMCA is dedicated to bolstering your health and well-being and fostering an active and connected community environment. Join us today and discover your path at the Y!



**YMCA BC - Kamloops Region**

**Downtown Y  
400 Battle St.**

**[kamloopsy.ca](http://kamloopsy.ca)**