



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, bring in this completed card,
we'll give you a month FREE!



Staying active

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. 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.