



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WRITE AND SHARE YOUR LIFE STORY

Active Older Adult Book Workshop

We all live our own life story, and those stories are rich and important. Telling the story of your life in your own words can be a great gift to others. This might be a good time to reflect on your past and share the stories and circumstances unique to your lifetime. Join us to assemble life story books that will make wonderful gifts for you family for years to come.

When: Wednesday, November 15

Where: Community Health Room

Time: 12:00 pm - 2:00 pm

Cost: \$5.00 per book

Register: October 30 - November 14



SUMTER FAMILY YMCA 510 Miller Road Sumter, SC 29150
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Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.