

EMPOWER THE MIND USING THE BODY

StrongMIND



PROGRAM OVERVIEW

StrongMIND is a 12-week journey that guides participants through progressive levels of physical exercise combined with a therapeutic practice that focuses on the connection between the body and the mind. This method seeks to support individuals facing challenges such as PTSD, anxiety, or depression. It encourages the development of positive thinking and mind/body connections by fostering a deep awareness of your mental, physical and emotional experience. Participants must be 18 years or older.

Registration

August 5 - August 30

Program dates and times

Choose one of the two options

Tuesdays, September 24 - December 10, 8:30 am - 10:00 am

Thursday, September 24 - December 12, 4:30 pm - 6:00 pm

Program Fees

\$50 for members, \$75 for potential members

No fee with a physician referral.

Class limited to 12 participants

LEARN MORE

For more information, contact Liz Mitchell (803) 774-2520 or emitchell@ymcasumter.org

Upon completion, if a participant joins the Y as a member within 30 days of completing this program, the joining fee is waived.



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.