

**TIRED OF
BEING TIRED?**

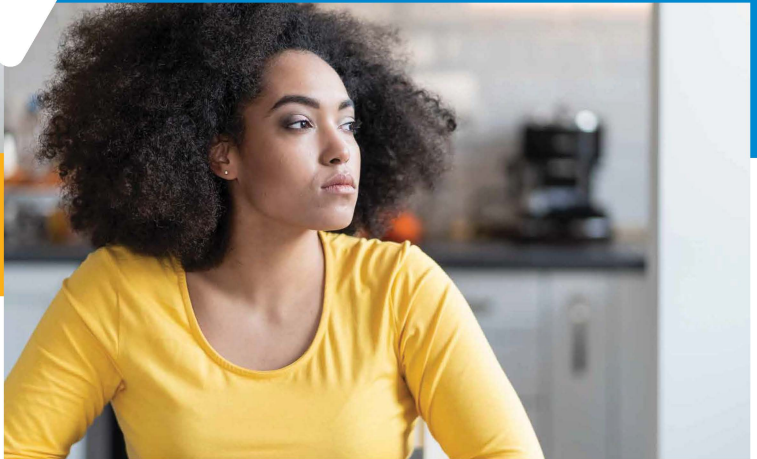
FEELING STUCK?



**NOT HOW YOU
PICTURED 2020?**



LOST YOUR PURPOSE?



Join the
**STRONG
CHALLENGE**

free 6-week transformation

We are one of 100 Y's joining
this awesome challenge



3 Ways to register:

- text **STRONG** to **844-291-5631**
- **holyokeymca.org**
- register at **Member Service desk**

Six weeks. 10,000 teammates. For 20 minutes a day, five days a week, we'll experiment with challenges and rhythms designed to open us up to a purpose driven life that is **STRONG**. Take the Challenge, have some fun, and discover what it means to be **STRONG**.