



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**



FIRST RESPONDERS: YOUR MENTAL WELLNESS MATTERS!

**TRY THEM
FOR FREE!**
GET A ONE WEEK
PASS BETWEEN
MAY 12-19!

In recognition of Mental Health Awareness Month, the YMCA of San Diego County is proud to extend a special offer to our local First Responders. Check in at any of our locations from May 12-19 and we'll get you set for unlimited visits for a week!

HOW IT WORKS

- 1** Visit any of our 14 locations
- 2** Show a valid ID or badge.
- 3** Enjoy all that the Y has to offer

To find a location near you, visit www.ymcasd.org/mha

We understand the importance of mental well-being, especially in high-stress professions, and we're here to support you. **The Y. A place where you belong.**