



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

YMCA YOUTH & FAMILY SERVICES

WORTHY OF WELLNESS



Saturday, May 24, 2025
12:00pm – 4:00pm



Jackie Robinson Family YMCA
151 YMCA Way, San Diego, CA 92102



FREE FOR ALL TEENS
Ages 13 – 17

REGISTER NOW!



www.ymcasd.org/yfswow2025

Join us for a day dedicated to YOU! Our third annual W.O.W. Event is all about giving you a chance to relax, learn self-care tips, and meet awesome people while exploring what mental wellness really means. Learn more about the eight dimensions of wellness, including emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial.

FREE FOOD + GAMES + MINI WORKSHOPS + PRIZES

For more information, contact Danali Le at dle@ymcasd.org



YMCA YOUTH & FAMILY SERVICES

DIGNO DE BIENESTAR



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ENTRADA GRATUITA PARA ADOLESCENTES
Edad 13 – 17

**REGISTRATE
AHORA!**



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Acompáñenos en un día dedicado a TI. Nuestro tercer evento anual W.O. W (Digno de Bienestar) está enfocado en brindarte la oportunidad de relajarte, aprender consejos de autocuidado y conocer a personas increíbles mientras exploras lo que realmente significa el bienestar mental. Aprende más sobre las ocho dimensiones del bienestar, que incluyen: emocional, física, ocupacional, social, espiritual, intelectual, ambiental y financiera.

COMIDA GRATIS+JUEGOS+MINI TALLERES+PREMIOS

Para más información, contactar a Danali Le por email: dle@ymcasd.org