As a Jackson Care Connect member, these programs are available to you at low cost or for free.

All are at Rogue Valley Family YMCA, 522 W. 6th Street, Medford.

**Fitness Scholarship Opportunity**

Low cost for Jackson Care Connect members.

Jackson Care Connect members can join the Rogue Valley Family YMCA at a lower cost. Includes use of the whole facility, child care, water-fitness and more.

**12 Weeks to a Healthier New You!**

FREE for Jackson Care Connect members when referred by your provider.

If you need to lose 50 pounds or more and think of yourself as out of shape, this program is for you. It includes support, education, exercise and encouragement.

**¡12 semanas hacia una vida más saludable!**

¡EN ESPAÑOL!

GRATIS para los miembros de Jackson Care Connect con una derivación de su proveedor.

Si necesita bajar 50 libras o más y se siente fuera de condición, este programa es para usted. Incluye apoyo, educación y ánimo.
Junior Wellness Program  (Ages 9 to 14)
FREE for Jackson Care Connect members when referred by your provider.
Peer support, group exercise, education and motivation for kids wanting to lose weight.

YMCA Family Night of Fun
FREE and open to all.
Bring the family to play volleyball, racquetball or wallyball. Visit the youth center for billiards, foosball, crafts and video games. Try rock climbing in the climbing gym, or enjoy a swim in the large pool.
WHEN: Third Friday of every month, 6 to 8 p.m.

Nutrition Workshop for Healthy Eating
FREE and open to all.
Learn to make healthy food choices for yourself and your family. JCC members who are pregnant or are new moms, receive a Starting Strong voucher for each class attended.
WHEN: Fourth Tuesday of each month, 6 to 7 p.m.

CONTACT:
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Your Community Health Plan
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