



YOUTH CHALLENGE
ALUMNI COMMUNITY

WELLNESS INITIATIVE

Stay connected,
cope with stress,
LAUGH!
rejuvenate,
and support one another
during this stressful time.

**WE ARE ALL IN THIS
TOGETHER!**

YC ALUMNI WEEKLY VIRTUAL PROGRAMS

MONDAY FITNESS 4-5PM
COORDINATED BY SARA

TUESDAY GAME NIGHTS 7:30-9PM
HOSTED BY GABBY

WEDNESDAY GRATITUDE 10-11AM
LEAD BY LISA

WEDNESDAY NIGHT CHAT & CONNECT
WITH YC FRIENDS 7-8PM

THURSDAY "LET'S TALK ABOUT..."
DISCUSSION SERIES 1:00-2:30PM
FACILITATED BY JANIE AND SEAN

FRIDAY CHECK-INS
WITH THE ALUMNI EXECUTIVE COMMITTEE
11:30AM-12:30PM

JOIN US WHEN YOU CAN!

ZOOM LINK FOR ALL ALUMNI PROGRAMS:
WWW.YOUTHCHALLENGESPORTS.COM/YCALUMNI