



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## Men of Color Health Class

SPRINGFIELD YMCA

**Mondays, February 7-April 11**  
**6:30 - 8:00pm**

Participants also attend one or more free exercise class each week and receive FREE membership to the Y for the 10 weeks they are in class.

This is a great opportunity for men of color to improve their health, their relationships and their communities, and to become part of the MOCHA Movement.

Pick up an application at the membership desk or contact: Trevis Wray, MOCHA Coordinator  
twray2004@comcast.net  
(413) 739-6951

[springfieldy.org](http://springfieldy.org)



# MOCHA

Men of Color Health Awareness