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# KNOWING IS HALF THE BATTLE

## Youth Strength Program Community Forum INDIANOLA YMCA

Have you heard about the youth strength training programs at the Indianola YMCA? Do you still have some questions as to why kids should strength train or just curious to know more? We are ready to answer all your questions and provide some insight and education on the benefits of youth strength training.

- Guest Speakers: Former NFL Football Players
  - Tavian Banks & Rodney Flier
- Speak with Certified Trainer, Rebecca Verwers

**WHEN:** Sept 8th

**TIME:** 7-8 pm

**LOCATION:** INDIANOLA YMCA  
306 E Scenic Valley Ave  
Indianola, IA 50125

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