

Grand Forks YMCA

HEALTH TRIP 2026



1851



1891



1896



1897



1967



Current

Celebrating **140 Years** of Service

Celebrate the 140 year anniversary of the Grand Forks YMCA by joining Health Trip 2026! This 60-Day incentive wellness program will guide you through the many YMCA milestones from 1886 to the present, while you become healthier, happier and more active.

Join as an individual or as a team: the healthy choices you make push you further on your map, leading to a better you.

\$20 per individual includes your map, log book, t-shirt, chances at many door prizes and "Free Fridays" at the YMCA.

Registration opens January 1.



Contact Adam Sorum (asorum@gfymca.org) or Bob McWilliams (bmcwilliams@gfymca.org)

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----- **1886 - 2026** -----