

YMCA WELLNESS EXCHANGE



A New Community Hub at the Central YMCA!

The YMCA Wellness Exchange is a new community hub designed to help individuals access the education, referrals and support they need to manage obesity and live healthier lives. The Exchange was created through a partnership between the YMCA of Delaware, the Obesity Association™, a division of the American Diabetes Association® and the Rose Hill Community Center.



What You'll Find

- ▶ Health education & chronic disease prevention resources
- ▶ Support for nutrition, physical activity, and mental well-being
- ▶ Connections to community organizations & services
- ▶ Referrals that address social needs (SDOH)

Who It's For

Individuals and families seeking wellness support, navigating health or social needs, and/or looking for local resources to live a healthier life.

Location

Central YMCA
501 West 11th Street
Wilmington, Delaware

Hours:

Effective March 2nd

Mon/Wed: 4 pm – 7 pm

Tues/Thurs: 10 am – 1 pm

Saturday: 9 am – 12 pm

Cost: FREE and open to the community



[Learn More](#)



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