

## YMCA CLUBS

### **Fibromyalgia Support Group**

Our group is looking for help in leading the program. If interested, please contact Marlene Cuggy at 817-5493.

### **TOPS (Take Off Pounds Sensibly)**

Join our successful weight loss support club every Wednesday @ 6:00pm for weigh-ins and 6:30pm meetings. Location: Downtown Community Room  
Club contact: Helen Lesage – HelenL@SummervilleYMCA.org

### **Toastmasters**

**(Join the number one public speaking club in the district!)**

Meeting: Fridays @ 7:00pm – Downtown Community Room  
Club contact: Lex Gibson, (W) 768-0061 or © 991-5117

### **Diabetic Healing Support Group**

This club is on hiatus this summer, please contact Club Leader Carl Hardee: 851-6178.

### **YMCA Prayer Team**

Join the “C Gathering” each Wednesday from 9:15 - 9:30am to pray for the future of the YMCA. All prayer requests are welcome.  
Meeting location: Member Lounge @ Wellness Center

### **Running Club - Motley Running Crew**

Group runs are held beginning at the Wellness Center  
Time: Tuesdays and Thursdays @ 6:00pm – Saturdays at 7:30am  
Club contact: Kim Inman: [kim.a.inman@gmail.com](mailto:kim.a.inman@gmail.com)

### **Body for Life Support Group**

Club contact: Sylke Cuyllits, 843-871-9622 x 125

### **Spirit Minded Counseling**

If you are need of someone to talk to, former pastor and dedicated YMCA Member, Carl Hardee would like to help you. He is available Monday - Friday, 8:30am - 11:30am. Please contact him to set-up a time to talk: [revcarllinda@bellsouth.net](mailto:revcarllinda@bellsouth.net) or 851-6178.