



Lecture Series

YMCA of South Palm Beach County

Cyber Security Lecture

Tuesday, January 21, 2025
11:00am-12:00pm - Boca YMCA

Nutrition in the New Year (including smoothies!)

Friday, January 24, 2025
1:00pm-2:00pm - Boynton YMCA

Dementia vs. Alzheimers Disease

Wednesday, February 12, 2025
11:00am-12:00pm - Boynton YMCA

Navigating the Senior Living Highway

Wednesday, February 19, 2025
11:00am-12:00pm - Boca YMCA
1:00pm-2:00pm - Boynton YMCA

Cyber Security Lecture

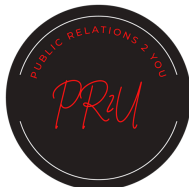
Tuesday March 18th, 2025
11:00am-12:00pm - Boynton YMCA

Pros and Cons of Marijuana for Pain Management

Tuesday, March 18th, 2025
1:00pm-2:00pm - Boca YMCA

Pros and Cons of Marijuana for Pain Management

Friday, April 11th, 2025
1:00pm-2:00pm - Boynton YMCA



Sign up at membership desks
Lectures offered at no cost thank you to
partnership with PR2U