



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVING BETTER LIVING BETTER WITH A HEALTHY BACK

Active Older Adults | Lunch & Learn (potluck) *
WEST CABARRUS YMCA

Join us for a discussion with Dr. Sierra Zinke, DC, MS,
Associate Doctor with Health Source of Concord about the
importance of your back health and your age.

Thursday September 25, 2025
12- 2 pm in the Williams Room.
*Please bring a dish to share

Please Register online, through the
YMCA360 App or scan the QR code.



For more information email
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ROWAN-CABARRUS YMCA
www.rocabymca.org