

FAITH & FITNESS

MAGAZINE
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June/July 2016

YMCA FOCUS

We Build STRONGER Youth, Families And Communities

Strategies For Staff And Members To Strengthen Their Y Through Faith

WOMEN'S INTEREST

STRONGER Women Are Leaders

Dr. Melody Stevens Says You Can Redefine Leadership

FAMILY

Make Your Marriage STRONGER

Christine Bacon on 'couple care' for body and spirit

How You Can Be STRONGER

NUTRITION

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Ron Williams Living For Jesus NATURALLY

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