



Take a step
toward better health
— **literally!**

Be Well Wareham!

Walks start at 8:30am

Gleason YMCA

33 Charge Pond Rd, Wareham, MA

2026 SCHEDULE

January 10	July 11
February 14	August 8
March 14	September 12
April 11	October 10
May 9	November 14
June 13	December 12

EVENT SCHEDULE

Walk begins at 8:30am, followed by chair yoga and meditation.

Join Southcoast Health providers & Rhonda May, certified yoga teacher.

Be Well Wareham is a wellness partnership between Southcoast Health and YMCA Southcoast.

Be Well Wareham features a FREE monthly walk with a doctor followed by yoga and meditation at the Gleason Family YMCA.

The walk will be led by Matthew Costa, DO, a cardiologist with Southcoast Health.

No registration necessary.

For questions, please call (508) 973-5273.

 Southcoast® Health

