



Take a step  
toward better health  
— literally!

# Be Well Wareham!



**Matthew Costa, MD**, *Cardiologist*  
**Jody Reeves, NP**  
**Rhonda May** (*certified yoga teacher*)

## Walks start at 8:30am

### Gleason YMCA

33 Charge Pond Rd, Wareham, MA

#### 2025 SCHEDULE

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

#### EVENT SCHEDULE

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

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

More than medicine.

