



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PEGGY CURRAN

About Peggy

- Peggy is a retired physical therapist.
- She loves to travel with her husband, Henry. They have been to many interesting places around the world!
- She completed her first 10K this past July with her daughter Kelly (pictured right).



Why She Loves the Y

When Peggy joined the Y she was nervous about starting an exercise routine. The nervous feeling went away quickly as she walked down the hallway and existing members greeted her with a smile. She knew on her first day that the Y was the place for her. She has since committed to spread the friendly vibe she experienced by greeting everyone she meets with eye contact and a smile. She continues to come to the Y because she feels comfortable to do her best in these walls. She loves her trainer, Catherine Hamilton, and gives her credit for continuing her exercise routine. We are so proud of Peggy!

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