

WELLNESS PROGRAMS continued



HEALTH

MINORITY HEALTH PROMOTION CENTER

YWCA Northern Rhode Island has been designated as a Minority Health Promotion Center by the Rhode Island Department of Health. It is the only organization in northern Rhode Island to receive such a designation. Our Association develops and implements health information, health education and risk reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations. Call the YWCA Health Office for more information, 769-7450.

CHRONIC DISEASE

SELF MANAGEMENT WORKSHOP

If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will learn: how to manage your symptoms, how to communicate effectively with your doctor, how to lessen your frustration, how to fight fatigue, how to make daily tasks easier and how to get more out of life. The workshop is for anyone who has one or more chronic conditions. A friend, caregiver or relative is welcome to attend with you. They too will benefit from the problem-solving skills related to managing a chronic condition.

New workshop to begin in early 2010. Call for registration information on Living Well Rhode Island, Lisa Piscatelli at 769-7450.

BREAST CANCER INFORMATION

The Love/Avon Army of Women provides women the life-changing opportunity to partner with the scientists who are conducting the research that will move us beyond a cure and teach us how to end breast cancer once and for all. Sign up at www.armyofwomen.org.

SMOKING CESSATION

Supportive/educational one hour meeting weekly for 8 weeks held in northern Rhode Island area.

Call the YWCA Health Office to register, 769-7450.

ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. The YWCA offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. The YWCA also offers

support during diagnosis and treatment.

If you are over age 40 and have no health insurance or your insurance does not cover breast and cervical screenings every year, you may qualify for FREE services. The Rhode Island Department of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, pap smear, mammogram and follow-up services (a repeat mammogram, pap smear, breast ultrasound, colposcopy and biopsy).

For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

EXERCISE

16+ years old

AEROBIC DANCE

Improve your aerobic fitness. Benefits include increase in heart health, muscular endurance, mood, energy level and a decrease in shortness of breath. Fees reflect member rates, nonmembers pay an additional \$20.

Colette Doura
Mon./Wed., 7:15-8:15pm
\$53/8wks

BELLY DANCING I

Learn exciting moves of ancient Middle Eastern art form: snake arms, figure eights, hip circles, traveling steps and shimmies. Class is for first time students or those wanting to continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment.

Donia
Tues., 6:30-7:30pm \$36/6wks

BELLY DANCING II

Continue to learn and evolve in the timeless beauty of the belly dance. We will perfect the basics, along with learning new steps, undulations, turns and choreographies. Class is for returning students who are ready for some more advanced moves. Introduction to veil and music theory will be covered as the session progresses. Stay fit while feeling like a goddess!

Donia
Tues., 7:30-8:30pm \$36/6wks

HATHA YOGA

Art of movement. Hatha Yoga achieves balance between body and mind. It promotes wellness through physical poses, breathing techniques and meditation. Come improve strength and flexibility while reducing stress.

Kathy Hopkins
Thurs., 7:30-8:45pm \$45/6wks

VINYASA YOGA ★

All levels Vinyasa Yoga class will focus on flowing yoga postures linked with the breath. Get a great workout and reduce stress: finishing restorative poses, breathwork and seated meditation.

Samantha Sipura
Sat., 9:00-10:15am \$45/6wks

INTRO TO BALLROOM ★

A beginning dance class for singles or couples who want to learn some basic social ballroom dance steps. A variety of dances will be introduced. The recommended footwear for this class is smooth bottom, soft sole shoes. Come prepared to have fun!

Mary DiGiovanni
Sat., 11am-noon \$36/6wks

ZUMBA FITNESS

Zumba is a high-energy class. It incorporates several dance styles and motivating music. With fast and slow rhythms, the class offers cardio intervals and resistance training. It is both fun and easy to learn. Zumba is the latest rage in fitness classes.

Maureen Canesi
Thurs., 6:30-7:30pm \$36/6wks

WALKING CLUB

The Walking Club begins at John Dionne Track on Cumberland Hill Road, Woonsocket. Look for Jeanne and Bev. Tues., Wed, and Fri. at 10am. Mon. and Thurs. at 6pm. Call YWCA Health Office for details, 769-7450.

VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. Teams picked by draft. Come prepared to play on organizational nights. Dates subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay at 769-7450.



INTERMEDIATE MIXED CO-ED

Sundays: The league is in session. Call Debbie Fay to see if any openings, 769-7450. \$112/20 wks & playoffs/plus membership fee. May pay in two installments.

POWER CO-ED

JOHN PIETROPAOLI LEAGUE

Tuesdays: Advanced players. The league is in session. Call Debbie Fay to see if any openings, 769-7450.

\$56/10 wks & playoffs/plus membership fee

INTERMEDIATE CO-ED

Wednesdays: Intermediate or above players. The league is in session. Call Debbie Fay to see if any openings, 769-7450.

\$56/10 wks & playoffs/plus membership fee

WOMEN'S CLUBS

Y WIVES & GIRLS

The purpose of this club is to build a fellowship of women devoted to the task of enriching each member's life by building a program around education, services for others and recreation. Activities include outings, special events and service projects. Membership is open to women 30 years of age and over. Meetings are held on alternate Tuesdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

APRES-MIDI

Club provides opportunities for women to share activities, information and gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons and demonstrations. Membership is open to women 30 years of age and over. Meetings held on alternate Thursdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

ART STUDIO

ART CLASSES

New and returning students welcome. Every session, new artists and projects are covered.

5 to 10 years old

ART FOR CHILDREN

Introduces young students to basic color theory via fun, hands on, interactive lessons and creativity games. We'll explore a variety of materials and learn about a famous artist or two. Art material fee included in session fee.

Missie St. Sauveur
Fri. 5-6:30pm \$54/6wks

11 and 12 years old

ART FOR TWEENS

Call for appropriate art class placement, 769-7450. We will gladly try to accommodate.

13+ years old

ART FOR TEENS

Appropriate for a range of experience levels from those just beginning to explore art to advanced students building a portfolio. Combines theory and hand-on projects with a relaxed and social atmosphere. Each class is divided into two sections. In the first, a lesson plan that incorporates art theory, history, new materials and/or technique. Second half, student work on guided projects of their own choice. Art material fee included in session fee.

Missie St. Sauveur
Mon. 5:15-6:45pm \$45/5wks

Adults and Teens*

FEARLESS ART FOR ADULT BEGINNERS

Have you always itched to try painting, sketching or sculpting? Wish you knew the difference between Manet and Monet? In this class, you get an introduction to art-making, and a little art history, in a relaxed, non-judgmental atmosphere. No talent or experience required. Come have fun. You may be surprised by what you create. Art material fee included in session fee. *Teens welcome if attending with adult.

Missie St. Sauveur
Mon. 7-8:30pm \$45/5wks

SHE SHINES™

2009 Metcalf Award for Diversity in the Media

Published by YWCA Northern Rhode Island, She Shines is a magazine celebrating the aspirations and accomplishments of women. To receive a free subscription or reserve advertising space, contact Lisa Piscatelli at 769-7450. www.sheshines.org