



## WELLNESS PROGRAMS

### 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

\$60/9wks, class begins 9/13

#### 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

#### 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

#### PICNIC VOLLEYBALL

Inside volleyball games for adults who want to play for fun, friendship, and fitness. No refs. No rules (well maybe a couple for safe

ty). Lots of laughs! After the games, come share some free appetizers at Box Seats.

Thurs., 6:30-7:30pm \$36/6wk

#### VINYASA YOGA

All levels 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

### EXERCISE FACILITY

17+ years old

#### WOMEN'S WORKOUT ROOM

Enjoy the privacy of a women's only facility with: a four stack universal machine, bikes, free weights, treadmills and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use room. YWCA adult female membership required. For appointment, call Lisa Piscatelli at 769-7450.

### VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. 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.

Volleyball pick-up games for YWCA members. Front desk will collect names and phone numbers of players interested. Night and time will be decided by players availability. \$5 each week you play.

#### INTERMEDIATE MIXED CO-ED

Sundays: Organizational night will be held November 7, from 6-8pm. League play will begin November 14. Bring in your own teams. If you don't have a team, we will help you get on one.

\$112/20 wks & playoffs/plus membership fee May pay in two installments.

#### POWER CO-ED

#### JOHN PIETROPAOLI LEAGUE

Tuesdays: Advanced players. Organizational night will be held September 14, from 6:45-8:30pm. League play will begin September 21. Teams formed by draft.

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

#### INTERMEDIATE CO-ED

Wednesdays: Intermediate or above players. Organizational night will be held September 15, from 6:45-8:30pm. League play will begin September 22. Bring in your own teams. If you don't have a team, we will help you get on one.

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

## HEALTH

#### 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](http://www.armyofwomen.org).

#### DIABETES

#### SELF-MANAGEMENT WORKSHOP

If you have diabetes this FREE workshop is for you. You will also receive a healthy life book and relaxation CD. Orientation is on Friday, 9/10 at 1pm (short session). Classes are held on 9/17, 9/24, 10/1, 10/8, 10/15, 10/22 from 1 to 3:30pm. Location is the Senior Center of Woonsocket, 84 Social Street. Topics: overview of diabetes and self management, healthy eating, preventing or delaying complications, physical activity, dealing with difficult emotions, medication usage, communication skills, strategies for sick days, working with your health care professional, planning for the future, and more. A friend, caregiver or relative is welcome to attend with you. Call for information on Living Well Rhode Island, Lisa Piscatelli at 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 also receive a healthy life book and relaxation CD. 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. Call for information on Living Well Rhode Island, Lisa Piscatelli at 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.

#### 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.

#### 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.

#### YOUTH ANTI-TOBACCO ADVOCACY GROUP (YATAG)

Youth Anti-Tobacco Advocacy Group trains youth as effective, articulate anti-tobacco advocates. To sign-up or for questions, contact Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

### WOMEN'S CLUBS

#### 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.

#### WALKING CLUB

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