

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

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.

Aimee Renaud

Tues., 6:30-7:30pm \$42/6wks

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!

Aimee Renaud

Tues., 7:30-8:30pm \$42/6wks

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

Sunday:

The league is currently in session.

Contact Debbie Fay regarding available



openings, 769-7450.

\$94/16wks & playoffs/plus membership fee.

May pay in two installments.

POWER CO-ED

JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced players.

League is currently in session. Contact Debbie Fay regarding openings, 769-7450.

\$58/10wks & playoffs/plus membership fee

INTERMEDIATE CO-ED

Wednesday: Intermediate or above players.

League is currently in session. Contact Debbie Fay regarding openings, 769-7450.

\$58/10wks & 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.

CHRONIC DISEASE

SELF-MANAGEMENT WORKSHOP

Living Well Rhode Island. If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: 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. A friend, caregiver or relative is welcome to attend with you. This workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

DIABETES

SELF-MANAGEMENT WORKSHOP

Living Well Rhode Island. If you have diabetes this FREE workshop is for you. You will receive a healthy life book and relaxation CD. 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. This workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. 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. 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. For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

MATTER OF BALANCE

Matter of Balance is a FREE program designed to manage falls and increase activity levels. Participants will learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance. Who should attend? - anyone concerned about falls; anyone interested in improving balance, flexibility and strength; anyone who has fallen in the past; and anyone who has restricted activities because of falling concerns. This workshop includes 8 consecutive classes that are held for 2 hours each. Call for the schedule and to register. For details, contact Lisa Piscatelli at 769-7450.

MINORITY HEALTH PROMOTION

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.

SMOKERS' QUITLINE

1-800-QUIT-NOW (1-800-784-8669)

FREE cessation information, multi-session telephone counseling, and self-help materials. Call the YWCA Health Office for more information, 769-7450.

YWCA HEALTH IN CENTRAL FALLS

YWCA Northern Rhode Island in partnership with our sister agency offers health outreach and information to members of the Central Falls community. Contact Joyce Dolbec for further information, 769-7450.

GOLF

WOMEN'S GOLF LEAGUE

Begins May 7 at Melody Hill Country Club. YWCA Membership plus \$50 league fee. All golfers must also pay weekly green fees at Melody Hill Country Club. Call Debbie Fay for details, 769-7450.

WOMEN'S CLUBS

APRES-MIDI

The 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

If interested in participating in a Walking Club, call Joyce Dolbec at the YWCA Health Office, 769-7450.

PARENTING PROGRAMS

For details, call Deb Smith, RN and Parenting in Progress Site Coordinator, at 769-7450.

PARENTING

16 to 21 years old

PARENTING IN PROGRESS®

Parenting In Progress (PIP) is an alternative education, life skills, and job training program housed at YWCA. Collaborative partners for this YWCA program include: Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.