

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. Perfect the basics, along with learning new steps, undulations, turns and choreographies. 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.

GOLF

WOMEN'S GOLF LEAGUE

Begins May 6 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.

HEALTH

A MATTER OF BALANCE

FREE program designed to manage falls and increase activity levels. 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; interested in improving balance, flexibility and strength; who has fallen in the past; and who has restricted activities because of falling concerns. Workshop includes 8 consecutive classes that are held for 2 hours each. Contact Lisa Piscatelli at 769-7450 x19.

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

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 work with your health care team, how to fight fatigue, how to make daily tasks easier; how to eat healthy, how to get more out of life, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 769-7450 x19.

CHRONIC PAIN SELF-MANAGEMENT

Living Well Rhode Island. If you have chronic pain, this FREE workshop is for you. You will receive a healthy life book and program workbook. Topics: Moving Easy Program, pacing, better breathing, relaxation techniques, healthy eating, medications for chronic pain, communication skills, problem solving, and more. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 769-7450 x19.

DIABETES SELF-MANAGEMENT

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. Workshop includes 6 consecutive classes that are held for 2 1/2 hours each. Contact Lisa Piscatelli at 769-7450 x19.

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. 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.

HEALTHY STEPS

Healthy Steps for Girls and Women is an initiative that builds on the connectedness of families in the Northwestern Rhode Island communities of Burrillville, Foster, Glocester and Scituate to promote preventive health care and physical activity. YWCA Rhode

Island in partnership with nriAHEC are working with a Steering Committee to develop and implement a community assessment and strategic plan. Project is sponsored by Rhode Island Department of Health with support from Rural Health Systems Building Grants. Contact Lisa Piscatelli at 769-7450 x19.

MINORITY HEALTH PROMOTION

YWCA 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.

VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay. 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: Intermediate.
Open house 11/3 from 6-8pm.
League starts 11/10.
\$116/20wks & playoffs/plus membership fee.
May pay in two installments.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.
Open house 9/10 from 6:45-8:30pm.
League starts 9/17.
\$58/10wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED

Wednesday: Intermediate or above.
Open house 9/11 from 6-8pm.
League starts 9/18.
\$58/10wks & playoffs/plus membership fee.

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.

HEALTH CALENDAR



**9th Annual May Breakfast
YWCA and Women & Infants
2168 Diamond Hill Road
Woonsocket**

• **It's Your Time: How Exercise and Healthy Eating Can Help You Stay Well**

Thursday, May 16
9:15am - 12noon
Presenters: Wendy Fox, DPT;
Lauren Talbert, RD, CSO, LDN;
and Diane D'Ambra, RN
Register: 767-2122
www.womenandinfants.org



**Spring Wellness Series
at Progreso Latino
626 Broad Street
Central Falls**

• **Tea and the Health Benefits**

Tuesday, May 7
9:30am
Register with Jennifer:
728-5920 x306
• **Health Benefits of
Laughing and Chair Yoga**
Monday, May 20
1pm with Happy Seniors Group
Register with Vernia:
728-5920 x324

• **Relaxation Techniques and
the Health Benefits**

Tuesday, June 4
9:30am
Register with Jennifer:
728-5920 x306



**YWCA with Rhode Island
Department of Human Services,
Division of Elderly Affairs**

• **Living Well Rhode Island**
Enrolling now for spring and
summer workshops in Central
Falls and Woonsocket.
For schedule and to register,
contact Lisa Piscatelli at
769-7450 x19.

Chronic Disease Self-Management
Diabetes Self-Management



**YWCA with Rhode Island
Department of Health, Violence
and Injury Prevention Program**

• **A Matter of Balance**
Enrolling now for spring and
summer workshops in Central
Falls and East Providence.
For schedule and to register,
contact Lisa Piscatelli at
769-7450 x19.
Fall Prevention Self-Management