



WELLNESS PROGRAMS

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.

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

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.

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.
League is in session. Call to see if spots are available. Note: Time change on March 10 only (7, 8 and 9pm).
\$116/20wks & playoffs/plus membership fee. May pay in two installments.

POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced.
League is in session. Call to see if spots are available.
\$58/10wks & playoffs/plus membership fee.

INTERMEDIATE CO-ED

Wednesday: Intermediate or above.
League is in session. Call to see if spots are available. \$58/10wks & playoffs/plus membership fee.

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. 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.

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 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

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. 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.

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.

HEALTHY STEPS FOR GIRLS AND WOMEN

"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. The project is sponsored by Rhode Island Department of Health with support from the Rural Health Systems Building Grants. Call Lisa Piscatelli at 769-7450 for more information.

