



August YWCA Events

Date	Time	Event	Notes	
Monday 7th	1:30pm - 3:30pm	Health Coach	Certified Health Coaches	Must pre-register*
Tuesday 8th	11:00 am	Community Drumming	Instructor: John Beck	Must pre-register*
Wednesday 9th	11:00 am	SilverSneakers and Silver&Fit*	With Coaches	Must pre-register*
Monday 14th	11:00 am	Caring for Aging Parents	Hospice & Palliative Care Center	Must pre-register*
Wednesday 16th	5:30 pm	Health Coaching	Health Coach: Corey Roman	Must pre-register*
Monday 21st	11:00 am	Community Drumming	Instructor: John Beck	Must pre-register*
Monday 21st	11:00 am	Targeted Nutrition to Combat the Aging Process; Aging Starts at 35	Speakers: Keith Wheeler, PhD Nutrition	Must pre-register*
Monday 21st	1:30pm - 3:30pm	Health Coach	Certified Health Coaches	Must pre-register*
Tuesday 22nd	11:00 am	Financial Fitness for Women Only	Speaker: Max Goelling, MBA	Must pre-register*
Wednesday 23rd	6:00 pm	Bike Safety	Speaker: Jamie Gaspari	Must pre-register*
Thursday 24th	11:00 am	Women's Wellness	Speakers: Dr. Tom Nixon & Dr. Jessica Lee	Must pre-register*
Thursday 24th	6:00 pm	Health Coach	Certified Health Coaches	Must pre-register*
Thursday 31st	11:00 am	5 Essentials of Health	Speaker: Dr. Tom Nixon	Multipurpose Room*

Must pre-register

