

YWCA OCTOBER EVENTS

Date	Time	Event	Speakers	Notes
Thursday 5 Thursday 19	11:00 a.m.	Health Rhythms	John Beck	Must pre-register*
Thursday 5	11:00 a.m.	Cancer Prevention		Must pre-register*
Monday 9	11:00 a.m.	Coping Strategies	Andy Hagler	Must pre-register*
Wednesday 11	11:00 a.m.	Ask the Attorneys	Mike Wells	Must pre-register*
Monday 16	11:00 a.m. & 6:00 p.m.	Natural FOOT Care	Sherry Kinnaman	Must pre-register*
Monday 16	1:00 p.m.	Let's Talk About Hair	Karen Lee	Must pre-register*
Tuesday 24	11:00 a.m.	Pink 4 Lunch	Susan G. Komen	Must pre-register*
Thursday 26	11:00 a.m.	Glowing Through the Golden Years	Dr. Tom Nixon	Must pre-register*
Every Thursday	12:00 noon	Weight Training for Arthritis	Wellness Coach	Must pre-register*
Every Tuesday	12:00 noon	Weight Training 101 for Women	Wellness Coach	Must pre-register*
Every Thursday	10:30 a.m.	Weight Training for Diabetics	Wellness Coach	Must pre-register*
Every Saturday	12:30 noon	Boot Camp for Families	Wellness Coach	Must pre-register*
Every Saturday	2:00 p.m.	Weight Training for Families	Wellness Coach	Must pre-register*

