

YWCA IS ON A MISSION

FEBRUARY EVENTS

Date	Time	Event	Speakers	Notes
Thursday 1	10 a.m. – 2 p.m.	Heart Health Screening	Novant	Must pre-register* Free
Thursday 1	11:00 a.m.	Health Rhythms Drumming	John R. Beck, UNCSA Professor of Percussion	Must pre-register* Free
Thursday 1	11:00 a.m.	Meal Planning	Julie Lanford, MPH, RD, LDN	Must pre-register* Free
Tuesday 6 & 13	9 – 10 am Beginners 10 – 11 am Intermediate	Pickleball Clinics	Albert Noda USA Pickleball Ambassador	Must pre-register* \$ 5 Fee
Tuesday 13	12 Noon	Valentine's Day Social Potluck - Bring a Dish	All Members Welcome	Must pre-register* Free
Thursday 15	11:00 a.m.	Mastering Metabolism	Dr. Jessica Lee	Must pre-register* Free
Thursday 15	11:00 a.m.	Health Rhythms Drumming	John R. Beck, UNCSA Professor of Percussion	Must pre-register* Free
Thursday 15	6:00 p.m.	MS Trivia Night Multiple Sclerosis	Joyce Bottom, Certified Health Coach	Must pre-register* Free
Tuesday 20	11:00 a.m.	Social Security Disability	Attorney Mike Wells	Must pre-register* Free
Thursday 22	9:00 a.m. – 12 Noon	Pickleball Referee Clinic (Open to those interested in becoming a referee)	Albert Noda USA Pickleball Ambassador	Must pre-register* \$ 5 Fee
Monday 26	11:00 a.m.	Mindfulness Meditation	Susan Leonard, PhD Yoga Instructor	Must pre-register* Free
Tuesdays & Thursdays	10:00 a.m.	Weight Training for Diabetics	Wellness Center	Walk - In * Free

