

MARCH EVENTS

Preventive Health

Date	Time	Event	Speakers	Notes
Monday 5	9:00 am	March Madness Fitness Challenge: Kick Off & Weigh In All Fitness levels	Constance Poe, Wellness Director	Must pre-register* Free
Monday 5	11:00 am	Body for Life: A Practical Approach to Nutrition Seminar	Keith Wheeler, PhD	Must pre-register* Free
Wednesday 7	11:00 am	Back Safety Seminar	Brittian Chiropractic Center	Must pre-register* Free
Thursday 8	6:00 pm	MS Health & Nutrition Seminar	Joyce Bottom, Certified Health Coach	Must pre-register* Free
Monday 12	12:00 noon	Pink4 Lunch Seminar	Susan G. Komen	Must pre-register* Free
Monday 19	11:00 am	Natural Hair Care Seminar	Dollhouse Hair Salon	Must pre-register* Free
Wednesday 21	5:30 pm	Aromatherapy Seminar	Corey Roman, RN, MSN, CHN, Health Coach	Must pre-register* Free
Monday 26	5:30 pm	Natural Foot Care Seminar	Sherry Kinnaman, Biomechanical Analyst	Must pre-register* Free
Wednesday 28	5:30 pm	March Madness Fitness Challenge: Kick Off & Weigh In All Fitness levels	Constance Poe, Wellness Director	Must pre-register* Free
Thursday 29	11: 00 am	Women's Health Seminar	Dr. Jessica Lee	Must pre-register* Free
Tuesdays & Thursdays	10: 00 am	Weight Training for Diabetics Class	Wellness Center	Free

YWCA IS ON A MISSION

