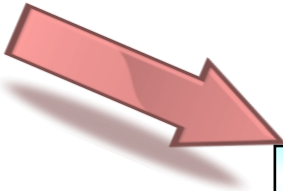




HEALTH & WELLNESS PRESENTATIONS



FREE presentations!

Sign up prior to class (so we know how many to expect)

Topic	Date	Time	Location	Presenter
Protect Your Heart Nutrition for your heart	Tuesday February 7 th	8:30-9am	YMCA Conference Room	Joyce Giammattei DrPH, RD, CDE
Choose My Plate Questions answered about the USDA nutrition guide	Thursday March 1 st	5:30-6pm	YMCA Conference Room	Joyce Giammattei DrPH, RD, CDE
Allergy Relief With Acupuncture Acupuncture CAN offer relief	Friday March 30 th	12-1pm	YMCA Conference Room	Viola Huang-Beck <i>L.Ac.</i> <i>M.S. Traditional Chinese Medicine</i>
Your Fitness Questions Answered	Saturday April 28 th	9-10am	YMCA Facility	Your Health & Fitness Director and Personal Trainers