

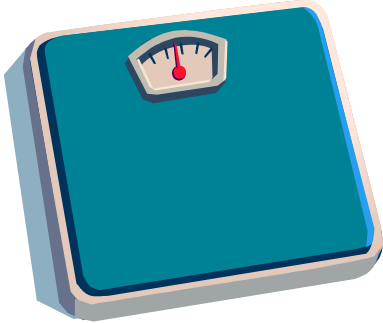
JANUARY

at the



Team Lean

WERE BACK



This is a 12 week community weight loss competition

Register Now

Starting

January 3rd – March 29th 2011

Sponsored by
YMCA &

Barrow Regional Medical Center

AND Fully Charged!

Each year the YMCA brings together volunteers that believe in the mission of the YMCA to go out and tell the "Y" story to people in the community. Telling these stories helps to raise money for the YMCA's Annual Support Campaign for financial assistance. This assistance is given to families in Barrow, Jackson and Walton Counties in need of the life changing experiences provided through ministries at the YMCA. If you would like to participate in the Campaign please see the welcome center for more details.

WELLNESS AT THE Y

It's a New Year and time to start FRESH!

See what's happening in Wellness to help get your 2012 started right!

WELLNESS CLASSES

Tons of wellness classes are offered monthly, from seminars on nutrition to CPR certification. Check the new program guides for dates and times.

Don't Forget to sign up for your massage!!

Don't forget to sign up for spring soccer
See welcome center for more details!



- January 2 Register for TEAM LEAM
- January 3-4 Dazzle Day
- January 10 Diabetes Self Management Class, Stacey Looner, RN, BSN, CDE location BRMC
- January 11 Finacial Fitness for the New Year DeWayne Hamilton, Totally Free, Inc. 12:30
- January 12 Health Check list for the New Year 12:30 Michele Clark
- January 16 Diabetes Self - Management Class #2 BRMC
- January 16 Dazzle Day
- January 17 Diabetes Shoe fitting 12:30 Jeaina Jones, Shalom Medical Group, LLC
- January 17 Fitness For the New Year, 5:30pm Sheila Duncan
- January 18 Wellness Wednesday 10am - 4pm Free Free Blood Pressure Screening
- January 19 Silver Sneakers Pot Luck Lunch

- January 23 Birthing Better Babies Childbirth class 7 - 9pm BRMC
- January 24 Glaucoma Awareness Luncheon 1:00pm Dr. Manan Shah, Winder Ophthalmology Lunch will be provided
- January 26 Financial Fitness for the New Year 5:30pm
- January 31 Georgia Specific Clinic of Chiropractic Dr. Soriano, 12:30pm
- February 1 Are you an Apple or a Pear 12:30pm Sheila Duncan
- January 25

ONGOING EVENTS:

- Monday's, 10:30am Bridge Club
- Monday, Wed, Friday Preschool 9a-1
- Sunday, 10:45am Church services