



# August 2010 Health & Wellness Calendar



**MON**

2

**Stress Reduction  
Yoga & Massage  
Demonstrations**  
Cathy Stall & Terri Smith  
6pm

**TUE**

3

**Stress, Rest &  
Relaxation**  
Michele Clark, RN  
6pm  
**Red Cross Blood Drive**  
2-7pm

**WED**

4

**Diabetes Self  
Management Class  
(Part 1)**  
5-7pm  
BRMC Cafeteria

**THU**

5

**Lunch & Movie  
Use it or Lose It:  
Exercise Tips**  
12 Noon  
Bring Your Lunch!

**FRI**

6

**Diabetes Self  
Management Class  
(Part 2)**  
5-7pm  
BRMC Cafeteria

**SAT**

7

**YMCA Summers End**  
Fun Run – 7:30am  
5k Race- 8:00am

**MON**

9

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Yoga & Massage  
Demonstrations**  
Cathy Stall & Terri Smith  
6pm

**TUE**

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Management Class  
(Part 1)**  
5-7pm  
BRMC Cafeteria

**WED**

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Management Class  
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**THU**

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Use it or Lose It:  
Exercise Tips**  
12 Noon  
Bring Your Lunch!

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Management Class  
(Part 2)**  
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**SAT**

14

**YMCA Summers End**  
Fun Run – 7:30am  
5k Race- 8:00am

**MON**

16

**Back to School Nutrition  
11:30am, Bring Your  
Lunch & Learn**  
**Diabetes Support Group**  
6pm, BRMC 3<sup>rd</sup> Floor  
Conference Room

**TUE**

17

**Diabetes Self  
Management Class  
(Part 2)**  
5-7pm  
BRMC Cafeteria

**WED**

18

**Diabetes Self  
Management Class  
(Part 1)**  
5-7pm  
BRMC Cafeteria

**THU**

19

**Silver Sneakers:  
Happy Feet  
Shoe Fittings**  
Robin Motsinger  
12:30-1:30pm

**FRI**

20

**Integrative Medicine:  
Acupuncture &  
Holistic Medicine**  
Dr. John Kim, BRMC  
11am

**SAT**

21

**Chamber Business Expo**  
**FREE Health Screenings**  
available at BRMC Booth  
10am-3pm  
Barrow Parks & Rec Dept

**MON**

23

**Talk to Your Teen:  
Drugs & Alcohol  
Awareness**  
Michele Clark, RN  
6pm

**TUE**

24

**Fall Makeovers**  
**Microdermabrasion,  
Laser Hair Removal,  
Botox & Sclerotherapy**  
Barrow Surgical Assoc  
11:30am

**WED**

25

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Acupuncture &  
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Dr. John Kim, BRMC  
11am

**THU**

26

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**FRI**

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**MON**

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Drugs & Alcohol  
Awareness**  
Michele Clark, RN  
6pm

**TUE**

31

**Fall Makeovers**  
**Microdermabrasion,  
Laser Hair Removal,  
Botox & Sclerotherapy**  
Barrow Surgical Assoc  
11:30am

**All health & wellness programs listed here are open to public, and unless noted, are held at YMCA of Georgia's Piedmont (50 Brad Akin Dr). Call 770-868-2917 for more information.**