Calling women of all ages!

This is your day to focus on YOU, from head to toe!

The entire community is welcome to join us for this full-day event at the Stamford JCC on Thursday, March 15, 2012. Free of charge!

This event runs from 8:30 a.m. - 1:15 p.m. and 5:30 - 9 p.m.

For a detailed schedule and times visit the JCC website at www.stamfordjcc.org.

Schedule

8:30 a.m. - 1 p.m. Health Screenings
Blood Pressures   Cardiac/Stroke Risk Assessment   Chair Massages
Cholesterol   Glucose   Podiatrist
Pulmonary Function
Mammograms at the Mobile Wellness Center - call 203.276.5990 for appointment

8:30 - 9:15 a.m. Fitness Classes - TRX Circuit or Meditative Yoga
SPACE IS LIMITED. SIGN-UP IS REQUIRED. CALL THE JCC TO RESERVE A SPOT.*

8:30 - 9:15 a.m. Presented by First County Bank
Building the Foundation for Financial Well-Being

9:30 - 10:15 a.m. Fitness Classes - Feldenkrais or Hip Hop
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9:30 - 10:30 a.m. Presented by Stamford Hospital - Span of Life for Women
A panel discussion of women’s health concerns through phases of the lifecycle: pregnancy, menopause, breast health, osteoporosis, urinary incontinence, pelvic pain with Daryl Weland, MD, OB/GYN; Fran Ginsberg, MD, OB/GYN, Fertility and Reproductive Endocrinology; Donna-Marie Manasseh, MD, Breast Surgeon

10:45 - 11:30 a.m. Fitness Class - The Miracle Ball Method with Exercise Physiologist Elaine Petrone - Learn to reduce pain by taking tension down in muscles.
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10:45 a.m. – 11:45 Presented by Stamford Hospital - Being in-the-Know
A panel on Genetics & Nutrition, understanding family history of disease and positioning yourself and your family with good Nutrition with Erin Ash, Genetic Counselor; Darlene Negbenebor, MD, Gastroenterologist; Lynda Mezansky, MS, RD, CDN and Joseph Feuerstein, MD, Director of Integrative Medicine

11:45 a.m. - 12:30 p.m. Presented by First County Bank
Maximizing Your Finances for a Healthy Future

11:45 a.m. - 12:30 p.m. Fitness Class - Active Yoga
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11:45 a.m. - 1:15 p.m. Food Demo with Sugar and Olives
A new take on fun and healthy dips
Food Samples by Mrs. Green’s Natural Market

12:30 - 1:15 p.m. Fitness Class - Feldenkrais
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5:30 - 7:30 p.m. Health Screenings
Cholesterol and Glucose

5:45 - 6:30 p.m. Fitness Class - Zumba Plus
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6:30 – 7:15 p.m. First County Bank Lecture
Achieving Your Financial Independence

7:30 - 8:30 p.m. Keynote Address by Dr. Dale Atkins, Renowned Lecturer and Psychologist
Finding and Sustaining Wellness: It’s All About Balance. Following the keynote address, Dale Atkins will sign her book Sanity Savers: Tips for Women to Live a Balanced Life

*To sign-up for the fitness classes call the JCC Front Desk at 203-322-7900.
For more information visit the JCC website at www.stamfordjcc.org or contact Nancy Schillman at 203.487.0941 or nschillman@stamfordjcc.org.