The Center Women of the Stamford JCC, in partnership with Stamford Hospital, First County Bank and Stamford Chapter of Hadassah, present *Women Living Healthy in 2012*, a Women’s Health and Wellness Fair. 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.

**Health Screenings**
- Blood Pressures
- Cardiac/Stroke Risk Assessment
- Cholesterol
- Glucose
- Pulmonary Function
- Mammograms at the Mobile Wellness Center - call 203.276.5990 for appointment

**Fitness Classes** - Space is limited. Sign-up is required. Call the JCC to reserve a spot.*
- Feldenkrais
- Hip Hop
- Meditative & Active Yoga
- The Miracle Ball Method
- TRX Circuit
- Zumba Plus

**Health & Wellness Presentations** - Presented by Stamford Hospital
- **Being in-the-Know** - Genetics & Nutrition - Erin Ash, Genetic Counselor; Darlene Negbenebor, MD, Gastroenterologist; Lynda Mezansky, MS, RD, CDN and Joseph Feuerstein, MD, Director of Integrative Medicine
- **Span of Life for Women** - Women’s Health Concerns - Daryl Weiland, MD, OBGYN; Fran Ginsberg, MD, OBGYN, Fertility and Reproductive Endocrinology; Donna-Marie Manasseh, MD, Breast Surgeon

**Financial Wellness Presentations** - Presented by First County Bank
- **Building the Foundation for Financial Well-Being**
- **Maximizing Your Finances for a Healthy Future**
- **Achieving Your Financial Independence**

**Food Demo** presented by *Sugar and Olives*
A new take on fun and healthy dips

**Food Samples** by Mrs. Green’s Natural Market

**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 contact Nancy Schiffman at nschiffman@stamfordjcc.org or 203.487.0941.