

**Smithfield YMCA
15 Deerfield Drive
Greenville, RI 02828
949-2480**

www.ymca1.org

Family Healthy Home Week – Activity Schedule - 2008

Sunday November 23 – Free Trial Yoga Class – 10:00 – 11:00 AM

Monday November 24 –

- **Healthy Lunch Seminar – 1:00 – 2:00 PM by a registered Dietician**
- **Free Trial Yoga Class – 6:30 – 7:30 PM**
- **Free STRIVE Training – 7:45 – 8:30 PM – for potential members only**

Tuesday November 25 –

- **Are you ready to convert your cable televisions? 6:00 – 7:00 PM**
- **Free Pilates Trial 7:00 – 8:00 PM**

Wednesday November 26 –

- **Diabetes Clinic – with a registered Dietician, Nurse and Pharmacist 7:45 – 9:00 PM**
- **Free Yoga Trial 6:30 – 7:30 PM**

Thursday – CLOSED – Happy Thanksgiving!

Friday November 28 –

- **Children and Backpacks – Seminar – by a Chiropractor**
- **Free Trial - Yoga for Kids 6:00 – 6:45 PM**