



Ocean Community YMCA

Westerly/Pawcatuck Branch – 95 High Street

Healthy Family Home Week
November 23-28, 2008

All Activities FREE & Open to the General Public

Sunday November 23rd	7:00am-5:30 pm 2:30pm-4:00pm	Family Gym Family Swim
Monday November 24th	5:00-7:30 pm 6:30-7:30 pm	Food, Fun & Festivities ~ Family Night Family Swim
Tuesday November 25th	5:30-6:30 pm 6:30-7:30 pm 6:30-7:30 pm	Family Pilates Family Dance 101 Family Swim
Wednesday September 26th	10:30 – 11:30 6:30-7:30 pm	Wild Wellness Workout Family Swim
Thursday September 27th	8:30 AM	ANNUAL TURKET TROT & DIP FAMILY FUN RUN (Mystic) (*Registration and Fee Required)
Friday September 28th	8:00am - 12:00 noon 1:00 – 4:00 pm 6:30 – 9:15 pm	Drop & Shop Drop & Shop Family Swim
ALL WEEK LONG	Drop non-perishable items at the YMCA Welcome Center. We will support our local food banks.	FAMILIES HELPING FAMILIES FOOD DRIVE

For more information on Healthy Family Homes contact Polly Snurkowski 401-596-2894 ext. 112 or psnurkowski@oceancommunityymca.org

Visit: www.ymca.net and click the Healthy Family Home link for more great information and resources!