

Wellness Center Outreach

Winter 2010

Monday	1:00 – 5:00 p	AARP Driver Safety 1/25	NCH Meeting Room
	6:30 – 8:00 p	Quit Time 1/11 – 2/22	NCH Meeting Room
	5:45 – 6:45 p	Movement Melange 1/4 – 3/8	Troy Parish Hall
	5:30 – 8:00 p	Healthier Living (TBD)	NCH Conference Room
Tuesday	6:00 – 7:00 p	Yoga 1/5 – 3/9	Troy Parish Hall
Wednesday	5:45 – 6:45 p	Movement Melange 1/6 – 3/10	Troy Parish Hall
	6:30 – 7:00 p	Parent/Child Swim 1/13 – 3/17	IROC Pool
Thursday	4:30 – 6:30 p	Lose Weight w/ Hypnosis 2/11	MA Conference Room
	6:30 – 8:00 p	Stop Smoking w/Hypnosis 2/11	MA Conference Room
	6:30 – 8:30 p	Childbirth Class 1/7 – 2/11 & 3/11 – 4/15	NCH TBA (Mtg or Conf. Room)
No outreach classes on Friday			
Saturday	9:00 am	Child Swim Lessons 1/16 – 3/20	IROC Pool
	8:30a – 3:00p	First Aid/CPR 2/6	NCH Meeting Room
	9:00a–12:00p	CPR/AED 1/23, 2/20, 3/20	NCH Meeting Room
	8:30a - 3:00 p	Reiki I 2/20	Physical Therapy Options
	9:00a – 2:00p	Two-day Childbirth 1/2 & 1/9 3/6 & 3/13	NCH TBA (Mtg or Conf. Room)
	1:00 – 3:00	Living Gluten Free: Celiac 101	NCH Meeting Room