



Women Living Healthy in 2012

with keynote speaker, Dr. Dale Atkins

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 Weiland, MD, OBGYN; Fran Ginsberg, MD, OBGYN, 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 Schiffman at 203.487.0941 or nschiffman@stamfordjcc.org.

A Center Women program in partnership with the **JCC Sara Walker Nursery School** Scholar-in-Residence Program and **The Stamford Chapter of Hadassah.**

Sponsored by **First County Bank** and **Stamford Hospital.**



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