

HEALTHY LIFESTYLES START HERE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

207.236.3375 • www.penbayymca.org

Theo Berez - tberez@penbayymca.org

Fall I Session: September 3 - October 27

HEALTH & WELLNESS SPECIALTY PROGRAMS

PEDALING FOR PARKINSON'S

If you, or someone you know has Parkinson's disease, please read and share information about the Y's new program. Pedaling for Parkinson's has been proven to help afflicted patients delay and in some cases improve their symptoms.

When do classes meet?

Penobscot Bay YMCA (116 Union Street, Rockport)
Monday, Wednesday & Friday: 1:00-2:00 PM

Rockland Harbor YMCA (12 Water Street, Rockland)
Tuesday, Thursday & Saturday: 1:30-2:30 PM

Pedaling for Parkinson's Missions:

- To improve the quality of life of Parkinson's disease patients and caregivers.
- To educate patients, caregivers, and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis.
- The support research dedicated to the prevention and treatment of Parkinson's disease.

Program Requirements:

- 30 -75 years old (or older with physician approval)
- Diagnosed with Idiopathic Parkinson's disease
- Complete and provide a signed consent form and a medical clearance form
- Agree to periodically monitor progress

What does this class cost?

Members: Free!

Participants: \$5 / Class

How do I sign up?

Stop by either of our locations to pick up Medical Clearance and Consent Forms. If you are unable to pick up these forms, please call our Welcome Center at 207-236-3375.



LIVESTRONG® AT THE YMCA

12 Week Session: September 24 - December 19

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. LIVESTRONG® at the YMCA is a research based physical activity and well-being program designed to help cancer survivors achieve their holistic health goals. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA is helping people move beyond cancer in spirit, mind and body.



This free program meets every Tuesday and Thursday from 1:00-2:15 PM for 12 weeks. If you are interested, please call our Intake Coordinator, Theo Berez, 236-3375 or email tberez@penbayymca.org.

jump start your weight loss!

Marcy Kyle - Registered, Licensed Dietitian Nutritionist and Phoebe Carlson, Certified Nutrition & Wellness Consultant

8 Week Session: September 16 - November 4

The Jump Start Program is a step-by-step approach first helps you become students of your own unique behaviors, develop awareness of when, how and why your individual behaviors occur and, more importantly, how to adopt new, healthier habits. The focus is on lasting, permanent change.

This program includes a FREE session with the YMCA Personal Trainers, a FREE or waved Y membership during the 8-week series and support after the program ends with our FREE Healthy Living Support Group!

- ✓ **Monday: Noon - 1:00 PM**
Location: Flanagan Community Center
- ✓ **Monday: 5:30 - 6:30 PM**
Location: Penobscot Bay YMCA

Cost: \$120 / Series*

*Series cost can be broken down into two monthly payments!

