

November - December

MS Wellness Programs

eliminating racism
empowering women

ywca

Central Maine



A Member of Covenant Health

Weekly

Mondays in November, 6:30PM

Instructor: Mary

Last Class: 11/28/2022

**Ai Chi
Aqua Therapy**

Wednesdays, 12:30PM

Instructors: Mary and Maranda

**Aquatic
Therapy**

Thursdays, 9:00AM*

Instructor: Inner Light Yoga

Last Class: 12/15/2022

**Chair
Yoga**

*No class the week of Thanksgiving

One-Time Events

Social Time!

~No pre-registration required~

11/16, 11AM

Join our guest, speech therapist Kerri, for cognitive games and discussion.

11/30, After Swim (1:30p-2:30p)

Join fellow participants for social time in the YWCA gym.

12/15, 11AM-1PM

Join fellow participants for a **FESTIVE social before the holidays, in the YWCA gym!**

All programs require pre-registration for all participants (including caregivers). No exceptions.

Even if you've registered before, you must register for the programs and dates you wish to attend this session.

Capacity is limited. Registration if first come, first serve.

**Register for all programs:
ywcamaine.as.me**

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