

YWCA Northern Rhode Island

514 Blackstone Street, Woonsocket, Rhode Island

Fall 2010 Health Office Events

401-769-7450 ext12

Oct 5, Tuesday at 5:30pm a Community Workshop “ **The Role of Research & Advancements in Blood Cancers**” presented by Dr Ahmed Nadeem, MD from the Landmark Medical-Cancer Center and “**How to have a Conversation regarding a Difficult Topic**” presented by Therese Rochon, MSN,MS, ACHNP from Home & Hospice Care of Rhode Island at Landmark Medical Center in Christiansen Hall, 115 Cass Ave, Woonsocket sponsored by Woonsocket Cancer Control Task Force. Light supper, resources and FREE CEU’s Must Register at 356-4077.

Oct 7, Thursday at 11am the 5th Annual Breast Health Luncheon with Dr. Trevor Tejada-Berges, MD “**Let’s Talk About Breast Health & Cancer**” and Lauren Talbert, W&I Nutritionist will present “**Healthy Eating and Recipes on a Budget**” at Women & Infants’ Medical Office, 2168 Diamond Hill Road, Woonsocket. Light lunch, resources and raffles, etc. Must Register at 767-2122.

Oct 13, Wednesday at 1:30pm a workshop on basic health issues and screening information with the “**Healthy Choices Book**” presented by Lifespan Staff at YWCA NRI, 514 Blackstone St, Woonsocket. Participants will receive a complimentary book. Must Register at 769-7450 ext 12.

“Fall Women’s Wellness Series on Nutrition/Exercise” held at YWCA NRI, 514 Blackstone Street, Woonsocket:
4 Thursday Afternoons on Oct 14, Oct 21, Oct 28 and Nov 4 at 1:30pm or 2 Thursday Evenings on Oct 28 and Nov 4 at 6:30pm. Must Register at 769-7450 ext 12.

Oct 16, Saturday at 10am you are invited to the **“YWCA NRI Women’s Stress Reduction & Relaxation Program”** held at Mercy Rehab at Mt. St. Rita’s, 15 Sumner Brown Road Cumberland. Learn relaxation techniques, Reiki, Massages, Light lunch, entertainment, etc. Must Register at 769-7450 ext 12.

Oct 21, Thursday “Annual Pink Tea Open House” at the YWCA NRI 514 Blackstone St, Woonsocket. At **1:30pm** URI Nutrition Program will present **“Healthy Nutrition & Exercise”**. At **3pm** Dr David Edmonson, MD, FACS breast surgeon from Woonsocket Women & Infants Medical Office will present **“What is your Breast IQ”** Lots of surprises, drop in and bring your special tea cup too. Must Register at 769-7450 ext 12.

Women & Infants Family Van Program will offer free Flu Shots and Pneumonia Vaccine available on **Tuesdays: Oct 12 from 11:30am-1:30pm, and November 9 from 3:30pm -5:30pm** to adults over 18 years of age at the YWCA NRI , 514 Blackstone St, Woonsocket. Must Register at 769-7450 ext 12.