

Sign up now

"The 30-minute Fitness Expert" will soon be known as "The 30-minute Wellness Expert".

Introducing

Women's Well Days[©]



Curves is partnering with the Women's Heart Foundation to offer members and their guests a seven-week program with different wellness topics introduced each week by a registered nurse. The RN Volunteer Peers (RNVP) will be offering heart health screenings, conducting relaxation exercises and leading open discussions on health issues that affect women. Learn new information and receive a free gift. Women who attend all 7 classes will be eligible to receive a free T-shirt and can share valuable health information with other women. Best of all, it's absolutely FREE! So don't miss out on this opportunity at Curves to enhance your wellness and be even more empowered!

Sign Up Today at Your Plainsboro CURVES!

(sign-up sheet located at the front desk)

All programs will take place Tuesdays at 7:30 PM

Peer Leaders: Mary Jo Abbondanzo, RN & Dale Festa, RN of St Francis Medical Ctr

Dates / Topics - Fall Session 2004:

Sept 28 – Recognizing Women's Heart Disease *risks/symptoms*
Oct 5 – Adult Fitness
Oct 12 – Eating for a Healthy Heart and Control Diabetes
Oct 19 – Holistic Health
Oct 26 – Medication Safety- *facts, fiction fundamentals*
Nov 2 – Blood Pressure Self-monitoring
Nov 9 – Advertising and a Woman's Self-image

Dates / Topics - Spring Session 2005:

Jan 25 - A Woman's Heart / *gender matters*
Feb 1 – A Healthy Lifestyle at Home and School
Feb 8 – Putting Children First w/Nutrition
Feb 15 – Managing Caregiver Stress
Feb 22 – Clean out Your Medicine Cabinet
Mar 1 – Improve Communication w/Health Professionals
Mar 8 - Aging Successfully

Register at the front desk. For more information, CONTACT: Nancy Menchin

Take Care of Your Heart



WOMEN'S HEART FOUNDATION

* More Women's Well Days are scheduled to open soon. Updates at www.womensheart.org