



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FOR YOUR HEALTH

**HEALTH & WELL-BEING PROGRAMS
FOR SCHOOL STAFF**

**A YMCA/RI Healthy Schools
Coalition Initiative**

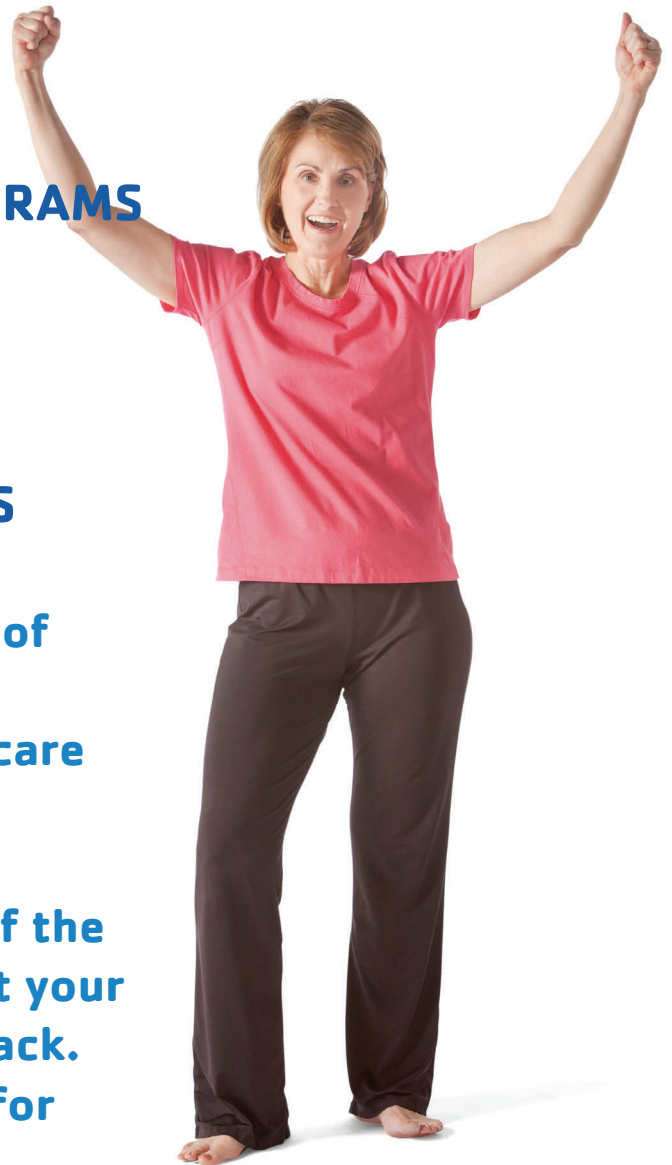
STATE ALLIANCE OF RI YMCAS

**You spend your day taking care of
your students.**

**But what are you doing to take care
of yourself?**

The YMCA can help.

**Join us by participating in one of the
programs offered just for you at your
local Y. See a complete list on back.
It's time to do something good for
your health.**



rhodeislandymcas.org

STATE ALLIANCE OF RHODE ISLAND YMCAS

HEALTH & WELL-BEING PROGRAMS FOR SCHOOL STAFF

BRANCHES & PROGRAM OFFERINGS

YMCA'S HEALTHY LIFESTYLES SIGNATURE PROGRAM

Available at ALL YMCA branches. Through this evidence-based program, designed by researchers at Stanford University, you will increase your energy and become more active, reduce anxiety and stress, lose weight, change your eating habits, and find balance in your life. You can make it happen.

Start your NEW healthy lifestyle today!

Staff from the Ys listed below can come to your school location and run a variety of wellness and exercise programs to meet your staff's needs and health & wellness goals.

NEWPORT COUNTY YMCA
792 Valley Rd Middletown, RI
Contact: Dawn Gardner, 401-847-9200

OCEAN COMMUNITY YMCA
Contact: Scott McLeod, 401-539-2306

YMCA Locations

Arcadia Y
1190 Main St Wyoming, RI

Mystic Y
1 Harry Austin Dr Mystic, CT

Westerly-Pawcatuck
95 High St Westerly, RI

YMCA OF PAWTUCKET
Contact: Kristin Quinn, 401-727-7900

YMCA Locations

YMCA of Pawtucket
20 Summer St Pawtucket, RI

MacColl YMCA
26 Breakneck Hill Road
Lincoln, RI

YMCA OF GREATER WOONSOCKET
18 Federal St Woonsocket, RI
Contact: Diane Martin, 401-769-0791

YMCA OF GREATER PROVIDENCE
Contact: Neta Taylor-Post, 401-427-1825

YMCA Locations

Bayside Y
70 West St Barrington, RI

Cranston Y
1225 Park Ave Cranston, RI

East Side/Mt. Hope Y
438 Hope St Providence, RI

Kent County Y
900 Centerville Rd Warwick, RI

Newman Y
472 Taunton Ave Seekonk, MA

South County Y
165 Broad Rock Rd Peace Dale, RI

West Bay Family Y
7540 Post Rd North Kingstown, RI

YMCA's Diabetes Prevention Program

The YMCAs listed above also offer this evidence-based program designed to help individuals reduce the risk of Diabetes and gain tools for healthy living.

SMITHFIELD YMCA
15 Deerfield Dr Greenville, RI
Contact: Shauna Lewis, 401-949-2622