BLOOD PRESSURE SELF-MONITORING
The YMCA’s Blood Pressure Self-Monitoring is a 4-month program that offers personalized support as participants develop the habit of monitoring their blood pressure. Participants will take and record their blood pressure at least two times per month, attend two consultations per month with a Healthy Heart Ambassador, and attend optional nutrition education seminars.
cclarkelley@clcymca.org  or  207-563-9622

ENHANCE FITNESS
This 16-week fitness program focuses on falls prevention and arthritis management and is proven to help older adults become more active, energized and empowered. Enhance Fitness will address the need for arthritis management in our community through lifestyle intervention.
cclarkelley@clcymca.org  or  207-563-9622

BOXING FOR PARKINSON’S
Boxing for Parkinson’s improves the quality of life for people battling Parkinson’s Disease through non-contact, boxing-inspired fitness training. Training classes include an exercise program that attacks Parkinson’s at its vulnerable neurological points, while focusing on overall fitness, strength training, reaction time, and balance.
cclarkelley@clcymca.org  or  207-563-9622

HEALTHY WEIGHT AND YOUR CHILD
Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits. Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle.
cclarkelley@clcymca.org  or  207-563-9622

DIABETES PREVENTION PROGRAM
This 12-month group-based program consists of 16 core sessions followed by monthly maintenance sessions led by a trained lifestyle coach. Discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more. Classes are scheduled based on participant availability.
cclarkelley@clcymca.org  207-563-9622

LIVESTRONG AT THE YMCA
LIVESTRONG at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their health. This 12-week program meets twice a week for 90 minutes in small groups and allows cancer survivors to regain their physical, emotional, and spiritual strength. Thanks to the generosity of our donors, this program is offered to all for free.
cclarkelley@clcymca.org  or  207-563-9622

TAI CHI FOR ARTHRITIS PART I & II
Tai Chi is an enjoyable exercise that can improve balance, relieve pain and improve health and ability to do things. It is a slow exercise and easy to learn for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration.
Robin Maginn rmaginn@clcymca.org

PEDALING FOR PARKINSON’S
Pedaling a bicycle may change the life of someone with Parkinson’s disease. This class is designed to improve the quality of life for those living with Parkinson’s Disease. There are qualifying factors for this program. Please contact Casey Clark Kelley or Abby Jones to see if you are eligible:
cclarkelley@clcymca.org  or  207-563-9622