

Women's Enrichment Series

Back by popular demand is our Women's Enrichment Series! We have added new classes and more instructors to empower women to live happier, healthier lives. Grab the women in your life and join us for all the exciting workshops we are offering.

Workshop 1: Nutrition Know How...Tips, Hacks & More



Date & Time: Wednesday, October 3, 2018, 7-8:30pm

Cost: \$12/\$10 if registering for workshops 1, 2 & 3 together

Join Ashley Perrone, Registered Dietician, for an informational evening discussing overall nutrition for all ages. Learn tips and tricks to bring greater nutrition to your diet, hacks to make healthy eating fun and easy and the latest in the world of healthy eating for body, mind and spirit.

Workshop 2: Fitness For All...Let's Get A Move On

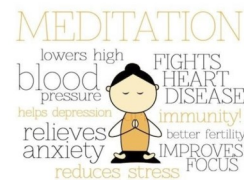


Date & Time: Wednesday, November 7, 2018 7-8:30pm

Cost: \$12/\$10 if registering for workshops 1, 2 & 3 together

Whether you are trying to get fit for the first time, return to fitness or looking to ramp up your results, this workshop is for you. Join Donna Iannacchino, former owner of Higher Choices Personal Fitness, and learn how to identify the most effective exercises based on your ability, time and equipment in order to avoid boredom, injury and plateaus.

Workshop 3: Relaxation & Meditation...Finding Your Peace



Date & Time: Wednesday, December 5, 2018 7-8:30pm

Cost: \$12/\$10 if registering for workshops 1, 2 & 3 together

Join instructor Rev. Susan Olin-Dabrowski, B.S., CHt., as she takes you on a meditative journey. Learn about various forms of meditation, guided imagery and other techniques to help you find balance, manage stress and calm a hectic life.

Package discount: Register for all 3 workshops at the same time and save.

All workshops will be held at LaGrange Town Hall, 120 Stringham Road, LaGrangeville.

Registration begins one month before each workshop.

To register stop by the Recreation Office.

For more information call the Recreation Office at 845-452-1972.



PARKS & RECREATION

www.lagrangeny.gov