

# The Quincy Weymouth Wellness Initiative

## invites you to **Free Wellness Programs**



### ***My Life, My Health - FREE 6-week program***

Developed by Stanford University, the **Self-Management Program** teaches skills to **manage** and **cope** with chronic disease like **high blood pressure AND diabetes**.

- Sep. 6 – Oct. 11**, Weds., 10 to 12:30 p.m., SSYMCA ZoneWellness, 141 Longwater Drive, Norwell **DIABETES**  
**Sep. 7 – Oct. 12**, Thursdays, 5 to 7:30 p.m., Kennedy Center, 440 East Squantum Street, Quincy **CHINESE**  
**Sep. 11 – Oct. 16**, Mondays, 3 p.m. to 5:30 p.m., South Shore YMCA, 79 Coddington Street, Quincy **DIABETES**  
**Sep. 12 – Oct. 17**, Tuesdays, 9:30 to noon, Manet CHC, 110 W. Squantum Street, Quincy **CHINESE**  
**Sep. 12 – Oct. 17**, Tuesdays, 2 to 4 p.m., Fogg Library, 1 Columbian Street, Weymouth  
**Oct. 12 – Nov. 16**, Thursdays, 5 to 7:30 p.m., Kennedy Center, 440 East Squantum Street, Quincy **DIABETES**  
**Oct. 25 – Dec. 6**, Weds., 10 a.m. to 12:30 p.m., Tufts Library, 46 Broad Street, Weymouth **DIABETES**

*Diabetes  
Prevention Program*

### ***Diabetes Prevention Program – FREE 12-Month program***

16 weekly then 8 monthly sessions to **reduce risk for Type 2 Diabetes with weight loss & physical activity goals**.

- Sep. 7 Start**, Thursdays, 2 to 3 p.m., South Shore YMCA ZoneWellness, 141 Longwater Drive, Norwell  
**Oct. 5 Start**, Thursdays, 10:30 to 11:30 a.m., South Shore YMCA, 79 Coddington Street, Quincy



### ***Healthy Eating - FREE Nutrition programs***

Healthy Eating for **successful and active living** program focuses on **nutrition and lifestyle**

- Sep. 12 – Oct. 17**, Tuesdays, 2 to 3 p.m., South Shore YMCA, 79 Coddington Street, Quincy  
**Sep. 13 – Oct. 18**, Wednesdays, 10 a.m. to noon, Tufts Library, 46 Broad Street, Weymouth  
**Sep. 13 – Oct. 18**, Wednesdays, 2 to 3 p.m., South Shore YMCA, 75 Mill Street, Hanover  
**Oct. 24 – Nov. 28**, Tuesdays, 2 to 4 p.m., Fogg Library, 1 Columbian Street, Weymouth

**Registration required: For Quincy/Hanover programs, South Shore YMCA, 617-479-8500, Ext. 4760. For Weymouth programs, Town of Weymouth Health Dept., 781-340-5008.**

**MORE CLASSES ON REVERSE!!!!!!!**

# The Quincy Weymouth Wellness Initiative invites you to **Free Wellness Programs**



A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS

## ***Matter of Balance - FREE 8-week program***

**Award-winning Falls Prevention Program to help decrease fall risks and increase strength and balance.**

- Sep. 5 – Oct. 24**, Tuesdays, 1 to 3 p.m., South Shore YMCA, 79 Coddington Street, Quincy  
**Sep. 6 – Oct. 25**, Wednesdays, 1:30 to 3:30 p.m., South Shore YMCA, 75 Mill Street, Hanover  
**Sep. 7 – Oct. 26**, Thursdays, 9:30 to 11:30, South Shore YMCA ZoneWellness, 141 Longwater Drive, Norwell  
**Sep. 14 – Nov. 2**, Thursdays, 10 a.m. to noon, Tufts Library, 46 Broad Street, Weymouth  
**Oct. 6 – Nov. 24**, Fridays, 9:30 to 11:30 a.m., South Shore YMCA, 79 Coddington Street, Quincy **CHINESE**



## ***Tai Chi – FREE 12-week series***

**Falls Prevention** class consists of self-paced, low-impact movements to **promote balance, flexibility, strength and range of motion.**

- Sep. 1**, Fridays, 5 to 6:30 p.m., Sawyer Tower, 95 Martensen Street, Quincy **CHINESE**  
**Sep. 9**, Saturdays, 10 a.m. to noon, Manet CHC, 110 W. Squantum Street, Quincy **CHINESE/ENGLISH**  
**Sep. 12**, Tuesdays, 7 to 8 p.m., South Shore YMCA, 79 Coddington Street, Quincy  
**Sep. 13**, Wednesdays, 8:45 to 9:45 a.m., South Shore YMCA, 75 Mill Street, Hanover  
**Sep. 13**, Wednesdays, 4 to 5 p.m., South Shore YMCA, 79 Coddington Street, Quincy  
**Sep. 13**, Wednesdays, 7 to 8 p.m., South Shore YMCA, 75 Mill Street, Hanover  
**Sep. 14**, Thursdays, 11 a.m. to noon, South Shore YMCA, 79 Coddington Street, Quincy  
**Sep. 15**, Fridays, 4 to 5 p.m., South Shore YMCA, 79 Coddington Street, Quincy  
**Oct. 6.**, Fridays, 1 to 3 p.m., Quincy Asian Resources, Inc., 1509 Hancock Street, Quincy **CHINESE**



## ***Freedom from Smoking – FREE Tobacco Cessation program***

**Group counseling** program teaching **behavior modification, coping strategies and nutrition and physical activity tips.**

- Sep. 5 – Oct. 17**, Tuesdays, 5:30 to 7 p.m., South Shore YMCA ZoneWellness, 141 Longwater Dr., Norwell

**Registration required: For Quincy/Hanover programs, South Shore YMCA, 617-479-8500, Ext. 4760. For Weymouth programs, Town of Weymouth Health Dept., 781-340-5008.**

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