



**Sunday, October 25, 2009 at the Lynch/van Otterloo YMCA  
10am to 4pm**

## **Presentations / Interactive Workshop Schedule**

*Please note **Presentations** and **Workshops** are indicated by color*

**10:00-3:00pm**

### ***Squash Presentation & Interactive Workshop***

Come meet the pro and find out all about our squash programs!

Speaker: **Szilvi Szombati, Squash Pro, Ralph Kusintz, Squash Coordinator**

Location: Squash Courts - second floor

**10:00-3:00pm**

### ***Rock Wall***

Instructor: **LVO Rock Wall Staff, Lynch/van Otterloo YMCA**

Location: LVO Rock Wall-first floor lobby

**10:00-11:00am**

### ***Fitness Swim***

Instructor: Jen Brehob, Lynch/van/Otterloo YMCA staff

Location: LVO Aquatics - Big Pool

**10:15-10:45am**

### ***Ballet Stories***

Instructor: **Ms. Cost, Boston Ballet**

Location: Boston Ballet Studio 1

**10:15-10:45am**

### ***Adult Ballet Class***

Instructor: **Ms. MacDonald /Ms. Gorny**

Location: Boston Ballet Studio - Grand

**10:30- 10:50am**

### ***High Blood Pressure and What You Can Do to Lower It.***

Learn about blood pressure, how it affects your body, and what you can do to lower it.

Speaker: **Kim McBrine of Aviv Centers for Living**

Location: Lynch/van Otterloo YMCA Multi Purpose Room-second floor

**10:45-11:15am**

### ***Kinder Keyboard***

Instructor: **Ms. Harrold, Boston Ballet**

Location: Boston Ballet Studio 1

**10:45-11:15am**

### ***Modern Class (13-Adult)***

Instructor: **Ms. Cassell, Boston Ballet**

Location: Boston Ballet Studio- Grand

**10:45-11:15am**

### ***Character (8-15)***

Instructor: **Ms. MacDonald/Ms. Gorny, Boston Ballet**

Location: Boston Ballet Studio 2

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**11:00-11:20am**

## *Are You Toxic?*

Learn the benefits of cleansing your internal body, improve energy, and focus, lose weight, feel great!

Speaker: **Christine Lucas of Complete Mind and Body**

Location: Lynch/van Otterloo YMCA Aerobic Rm 1-second floor

**11:00-11:20am**

## *Loving Conversations: The importance of talking with our loved ones about difficult issues.*

The importance of having end of life discussions with your loved ones.

Speaker: **Jerry Schwartz PH.D, All Care VNA & Hospice**

Location: Lynch/van Otterloo YMCA Multi Purpose Room-second floor

**11:00-11:25am**

## *Family Zumba*

Instructor: **Kim Crowley, Lynch/van Otterloo YMCA**

Location: LVO Aerobic Rm 2-second floor

**11:15-11:45am**

## *Intro (3-7)*

Instructor: **Miss Scott, Boston Ballet**

Location: Boston Ballet Studio 1

**11:15-11:45am**

## *Adult (16+)*

Instructor: **Ms. MacDonald/Ms. Harrold, Boston Ballet**

Location: Boston Ballet Studio- Grand

**11:15-11:45am**

## *Intro (8-15)*

Instructor: **Ms. Kreyer/Ms. Gorny, Boston Ballet**

Location: Boston Ballet Studio 2

**11:30-11:50am**

## *How to Live to Your Full Potential!*

Dr. Angela O'Brien will teach easy ways to allow your body to express its innate genetic potential through living a healthy life.

Speaker: **Dr. Angela O'Brien, Full Potential Chiropractic**

Location: Lynch/van Otterloo YMCA Aerobic Room 1-second floor

**11:30-11:50am**

## *Eastern Health Methods for Stress Reduction and Natural Healing*

Demonstration of Eastern Health methods for Stress Management natural healing, longevity and anti-aging.

Speaker: **Megan Cullerton, Human Harmonies**

Location: Lynch/van Otterloo YMCA Multi Purpose Rm-second floor

**11:30-11:55am**

## *Zumba (Adult)*

Instructor: **Sarah McCormack, Lynch/van Otterloo YMCA**

Location: LVO Aerobic Rm 2-second floor

**11:45-12:15pm**

## *Gymnastics Team Exhibition*

Speaker: **Lynch/van Otterloo Gymnastics Team**

Location: Lynch/van Otterloo YMCA Gymnastics Center-first floor

**11:45-12:15pm**

## *Ballet Stories*

Instructor: **Ms. Cost, Boston Ballet**

Location: Boston Ballet Studio 2

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**12:00-12:20pm**

***Steps We can take to Prevent Dental Disease***

We will discuss the cause of tooth decay and gum disease and how to prevent these as well as discussing our new Mouth Watchers scientifically designed anti-bacterial toothbrush

Speaker: **Dr. Ronald Plotka, D.D.S., Mouth Watchers The Health & Wellness Co.**

Location: Lynch/van Otterloo YMCA Aerobic Rm 1-second floor

**12:00-12:20pm**

***Weight Management - How Surgical Weight Management can be an Effective Option for Treatment***

This presentation will discuss how to manage your weight and the dangers of obesity and weight management options and how effective they can be.

Speaker: **Bernard Benedetto, M.D., North Shore Medical Center**

Location: Lynch/van Otterloo YMCA Multi Purpose Rm-second floor

**12:00-12:25pm**

***Yoga for Well Being***

Instructor: **Elizabeth Shea, Namaste Yoga**

Location: LVO Aerobic Rm 2-second floor

**12:15-12:55pm**

***Ballet Working Ensemble Rehearsal***

Speaker: **Boston Ballet Ensemble**

Location: Boston Ballet Studio, Grand- second floor

**12:30-12:50pm**

***A Successful Approach to Disciplining Children***

This presentation provides a practical parenting technique for disciplining that utilizes choices and consequences and which over time leads to children learning to self-discipline.

Speaker: **Paul Crosby, LICSW, Marblehead Counseling Center**

Location: Lynch/van Otterloo YMCA Aerobic Rm 1-second floor

**12:30-12:50pm**

***Aquatic Therapy***

The benefits of Aquatic Therapy and is it right for you?

Speaker: **Susan Finigan, ATRIC, North Shore Physical Therapy**

Location: Lynch/van Otterloo YMCA Multi Purpose Rm-second floor

**12:30-12:55pm**

***Standing Pilates***

Instructor: **Lisa-Anne French, Lynch/van Otterloo YMCA**

Location: LVO Aerobic Rm 2-second floor

**1:00-1:20pm**

***Alzheimer's Prevention "Maintain Your Brain!"***

Maintaining brain health and prevention of Alzheimer's disease.

Speaker: **Mary Demakes, AAAAA Primary Home Care**

Location: Lynch/van Otterloo YMCA Aerobic Rm 1-second floor

**1:00-1:20pm**

***The Secret to Health and Vitality***

The Secret to Health reveals information that has been suppressed by the medical establishment for over 100 years!

Speaker: **Dr. Paul Milone, Marblehead Chiropractic & Wellness Center**

Location: Lynch/van Otterloo YMCA Multi Purpose Rm-second floor

**1:00-1:20pm**

***Boston Ballet - Works in Process, Trainees***

Speaker: **Boston Ballet Trainees**

Location: Boston Ballet Studio, Grand- second floor

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**1:00-1:25pm**

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Instructor: **Lisa-Anne French, Lynch/van Otterloo YMCA**

Location: LVO Aerobic Rm 2-second floor

**1:30-1:50pm**

*Healing Arts Expert Panel Discussion - Panel 1*

A rare opportunity to get your health questions answered and receive guidance from the collective knowledge of your local Healing Arts Practitioners.

Speaker: **Fiona Barrett, Beautiful Food Coaching; Monique & Blane, Hand in Hand Massage; Ellen Petersen, Human Harmonies; Dr. Paul Milone, Marblehead Chiropractic; Elizabeth O'Shea, Namaste Yoga**

Location: Lynch/van Otterloo YMCA Aerobic Rm 1-second floor

**1:30-1:55pm**

*Stretch & Flexibility*

Instructor: **Tracy Anderson, Lynch/van Otterloo YMCA**

Location: LVO Aerobic Rm 2-second floor

**1:30-1:55pm**

*Ballet Stories*

Instructor: **Ms. Cost, Boston Ballet**

Location: Boston Ballet Studio 1

**2:00-2:20pm**

*Healing Arts Expert Panel Discussion - Panel 2*

A rare opportunity to get your health questions answered and receive guidance from the collective knowledge of your local Healing Arts Practitioners.

Speaker: **Mary Demakes, AAAAA Private Home Health Care; Christine Lucas, Complete Mind and Body; Ann Wettlaufer, Footprints Reflexology; Dr. Angela O'Brien, Full Potential Chiropractor; Dana Appel Young, NEW DAY; Bob Humenn, United Martial Arts**

Location: Lynch/van Otterloo YMCA Aerobic Rm 1-second floor

**2:00-2:20pm**

*How Feet Can Affect Your Whole Body's Alignment*

Learn about the importance of foot balancing and the ways that weak, collapsed feet/ankles can affect your sports performance and overall structural health.

Speaker: **Gordan Hay, Derek Carroll, ALINE Systems**

Location: Lynch/van Otterloo YMCA Multi Purpose Rm-second floor

**2:00pm-2:25pm**

*Everyday Meditation*

Instructor: **Tracy Anderson, Lynch/van Otterloo YMCA**

Location: LVO Aerobic Rm 2-second floor

**2:00pm-2:25pm**

*Kinder Keyboard*

Instructor: **Ms. Harrold, Boston Ballet**

Location: Boston Ballet Studio 1

**2:00pm-2:25pm**

*Modern Class (13-Adult)*

Instructor: **Ms. Cassell, Boston Ballet**

Location: Boston Ballet Studio- Grand

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*Character (8-15)*

Instructor: **Ms. MacDonald/Ms. Gorny, Boston Ballet**

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**2:30-2:50pm**

***Ready for an Amazing NEW DAY!***

It's time to create an amazing NEW DAY!

Speaker: **Dana Appel Young, NEW DAY**

Location: Lynch/van Otterloo YMCA Aerobic Rm 1-second floor

**2:30-2:50pm**

***Healthy Hearing***

Discussion of ways to preserve your hearing and recent innovations for hearing loss and tinnitus.

Speaker: **Dr. Joan McCormack, Atlantic Hearing Care**

Location: Lynch/van Otterloo YMCA Multi Purpose Rm-second floor

**2:30-2:55pm**

***Children's Martial Arts Class***

Instructor: **Bob Humenn, United Martial Arts**

Location: LVO Aerobic Rm 2-second floor

**2:30-2:55pm**

***Intro (3-7)***

Instructor: **Miss Scott, Boston Ballet**

Location: Boston Ballet Studio 1

**2:30-2:55pm**

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Instructor: **Ms. Kreyer/Ms. Gorny, Boston Ballet**

Location: Boston Ballet Studio- Grand

**2:30-2:55pm**

***Adults (16+)***

Instructor: **Ms. MacDonald/Ms. Harrold, Boston Ballet**

Location: Boston Ballet Studio 2

**3:00-3:20pm**

***Fatigue, Anxiety and Depression***

Looking at the many faces of fatigues, anxiety and depression

Speaker: **Dr. Anne Kelty, A Sacred Place**

Location: Lynch/van Otterloo YMCA Aerobic Rm 1-second floor

**3:00-3:20pm**

***Neural stimulation***

Learn about a bionatural self treatment technique

Speaker: **Marco Hasbun, Manos Sin Fronteras**

Location: Lynch/van Otterloo YMCA Multi Purpose Rm-second floor

**3:00-3:30pm**

***Adult Martial Arts Class***

Instructor: **Bob Humenn, United Martial Arts**

Location: LVO Aerobic Rm 2-second floor

**3:00-3:30pm**

***Ballet Stories***

Instructor: **Ms. Cost, Boston Ballet**

Location: Boston Ballet Studio 1

**3:30-4:00pm**

***The Landscape of our nation's Health & Whole Foods Solutions***

Learn a simple way to include more healthy foods in your family's diet

Speaker: **Lolli Leeson, Kelly Braun, Juice Plus+**

Location: Lynch/van Otterloo YMCA Multi Purpose Rm-second floor