

HEALTH TALKS BY OVERLAKE HOSPITAL & MEDICAL CENTER STAFF

PLEASE REGISTER IN ADVANCE. FREE and open to the community.

Wednesdays 11:30 am – 12:30 pm

MY ACHING FEET April 11

Many foot problems are painful and worrisome however many can be prevented. Foot pain can prohibit normal activities and can be an indicator to other problems. Review important foot issues, review tips for preventing and treating foot problems.

HEALTHY AGING May 9

Everyone is affected by the aging process and no matter how hard you may try, you can't escape it! But you can stay healthy at any age. Discuss how aging affects the entire body and how a healthy lifestyle can help you age gracefully.

SHOULDER PAIN: WHY DOES IT HURT? June 13

An Overlake orthopedic surgeon will discuss the common causes of shoulder pain and various treatment options available.

WORKSHOPS–MICROSOFT STORE AT BELLEVUE SQUARE

PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.

DESIGN EFFECTIVE PRESENTATIONS

PowerPoint provides a comprehensive set of features and tools that you can use to produce professional-looking presentations. Turn basic slides into a dynamic, engaging presentation.

Monday, April 2 & June 4 1:00–3:00 pm

GET ORGANIZED WITH ONENOTE

Keep track of details, share them with other people, and stay on top of all the things you need to accomplish. You'll never have to worry about losing your work again thanks to OneNote auto save!

Monday, April 9 1:00–3:00 pm

GET TO KNOW WINDOWS

Get up to speed on Word by showing some basic formatting techniques. We'll then go further and look at some of the additional things you can do to give your documents that professional polish.

Monday, April 16 & June 18 1:00–3:00 pm

KEEP YOUR PC SAFE & SOUND

Gain piece of mind by understanding the ways to keep your PC running safe and secure. We'll give you the free tools you need to stay virus free.

Monday, April 23 & June 25 1:00–3:00 pm

MAKE IT GREAT WITH OFFICE 2010

Be inspired to do new things in Office 2010 by learning more about the Ribbon and Backstage features, as well as specific changes in Excel, OneNote, Outlook, PowerPoint and Word.

Monday, April 30 & June 11 1:00–3:00 pm

MANAGE DATA WITH EASE

Microsoft Excel is a powerful tool to analyze data and share information. Learn easy techniques for creating spreadsheets, formatting data, identifying trends and sharing the results.

Monday, May 7 1:00–3:00 pm

MOBILIZE YOUR BUSINESS WITH WINDOWS PHONE

The Windows Phone is designed to bring together the info and files that you care about most. Learn how Windows Phone helps you protect your company's information while staying productive both in and out of the office.

Monday, May 14 1:00–3:00 pm

ORGANIZE YOUR TIME & EMAIL

Microsoft Outlook helps you manage your life and work with email and calendar tools that simplify staying connected. Communicate and schedule your day with access to your email, calendar and contacts at your desk or on-the-go. It's like your very own personal assistant!

Monday, May 21 1:00–3:00 pm

TAKE YOUR BUSINESS TO THE CLOUD

Office 365 is designed for businesses of all sizes, helping you free up your valued resources while saving time and money. Discover the power of the cloud productivity!

Monday, May 28 1:00–3:00 pm

KING COUNTY TRAVELING COMPUTER LAB

These classes will be held at the Bellevue Y. We must have 6 in order to offer the class and please cancel 3 days in advance in order to confirm there is enough people to have the class.

CLASS	DATES	TIME
Intro to Computers	April 26	10:00–11:15 am
Internet I	April 26	11:30–12:45 pm
Word I	May 24	10:00–11:15 am
Email I	May 24	11:30–12:45 pm
Excel I	June 28	10:00–11:15 am
Publisher	June 28	11:30–12:45 pm



BE YOUR PERSONAL BEST HEALTH & WELL-BEING

ADULT PROGRAMS & SERVICES

BELLEVUE FAMILY YMCA

The supportive environment of the YMCA makes it easier to achieve your health & wellness goals. Whether you are new to health & wellness or have always been active, the Y can help you move toward a healthier, happier and more balanced life.

Since its beginnings, the YMCA has taken an integrated approach to well-being that combines health in mind, spirit and body. As a member, you have access to resources for good nutrition, weight management, stress reduction, personal training and much more!

GETTING STARTED

TOTAL HEALTH CONSULTATIONS

Get your fitness questions answered in a one-hour appointment. Our Total Health Coaches develop a workout plan for you and teach you the proper use of equipment to effectively reach your personal fitness goals. Members receive a one-hour free consultation and a 30-minute follow-up.

Y PERSONAL FITNESS

Ease yourself into a fitness program and commit to keeping fit through this 12-week program. If you've started fitness programs before and not followed through or have trouble getting started, then Y Personal Fitness is for you. Step-by-step, your Total Health Coach helps you combine cardiovascular exercises with strength training.

FITNESS ASSESSMENT

Find out your current fitness level. The assessment includes: blood pressure screening, body composition measurement, sit and reach test measuring flexibility, abdominal curl and bench press to measure strength/endurance, and a cardiovascular fitness level test.

Facility Members: \$50

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NUTRITION CONSULTATION

Got questions about fad diets, supplements, disease prevention or other nutrition topics? Need help developing a personalized eating plan? Get one-on-one counseling with registered Dietician Claire Leiberman.

Facility Members: \$55, Program Members: \$110

PREVENTATIVE WELLNESS AND BEHAVIOR CHANGE

YMCAS DIABETES PREVENTION PROGRAM

A supportive group setting with a trained lifestyle coach will equip you to change your lifestyle through healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, you will meet monthly for added support to help maintain your progress.

To register contact the Chronic Disease Prevention Director at diabetesprevention@seattleyymca.org or call 206 244 3181.

New Session begins June 26

Tuesday 4:30–6:00 pm

Facility Members: \$50–\$195 based on ability to pay

HEALTHY LIFESTYLES

Available in September

LIVE STRONG AT THE YMCA: EXERCISE & THRIVE

Available in October

GET OUTSIDE WITH THE Y

All hikes are open to all adults. Please check our Shared Adventures Program Guide.

Available in April–August.

BELLEVUE FAMILY YMCA
14230 Bel-Red Road, Bellevue, WA 98007
P 425 746 9900 F 425 746 6265 bellevueymca.org

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

PARKINSON'S DISEASE EXERCISE & RESOURCE CLASS

Derived from PWR![™] movement exercises developed by Dr. Becky Farley, participants will learn about and have the opportunity to engage in a stationary cycling program to improve gait, posture, balance, flexibility, and strength. The class is FREE to YMCA members, and available to the public with a program membership. Please contact Anne McDowell at 425 990 6973 or Brian Murphy 425 829 5720 for further details.

Fridays 1:00–2:00 pm

MULTIPLE SCLEROSIS YOGA

A gentle yoga class designed for members with Multiple Sclerosis. The class is FREE to YMCA members.

Thursdays 12:45–1:45 pm

PERSONAL TRAINING

INDIVIDUAL & GROUP TRAINING

Get a little extra help from a certified Y trainer who will set up, monitor and modify your exercise program to meet your individual needs. Sessions are one hour in length. Personal train with a friend or a small group and receive a discount.

Facility Members only. Brochures with prices and trainer specifics are available at the front desk.

TRX SUSPENSION GROUP PERSONAL TRAINING

Do you want to build strength, flexibility, core stability and metabolic conditioning? Suspension Training is a revolutionary method of leveraged body weight exercise that builds power, strength, flexibility, balance, and mobility. Perfect for all fitness levels.

Facility Members: \$ 120, Program Members: \$ 180

SESSION DATES	DAY	TIME
April 16–May 21	Monday	1:30–2:20 pm
Apr 24–June 5	Tuesday	9:30–10:20 am
June 4–July 9	Monday	1:30–2:20 pm

TRX Cardio Outdoor Circuit Training with Chrissy

SESSION DATES	DAY	TIME
May 3–June 14	Thursday	9:30–10:20 am

MEMBERS ON WEIGHTS

Learn fundamental exercises using FREE weights for all major muscles groups in this 8–week class. Focus will be on basic strength training.

Facility Members: \$90

WOMEN ON WEIGHTS		
SESSION DATES	DAY	TIME
April 14–June 9	Saturday	5:30–6:30 pm

MEN ON WEIGHTS		
SESSION DATES	DAY	TIME
May 3–June 28	Thursday	7:00–8:00 pm

MASSAGE

Enjoy a full-body massage by a licensed massage practitioner. Relax muscles, improve range of motion and flexibility and reduce the risk of injury, calm your mind and create a feeling of well-being.

MINUTES	PRICE
30	\$32
60	\$63
90	\$95

SPECIALTY CLASSES

FELDENKRAIS

Improve your balance, stamina, confidence and overall sense of well-being through the Feldenkrais Method[®] of Awareness Through Movement.

April 7–28, May 2–30, June 6–27

Wednesdays 9:00–10:00 am

Facility Members: FREE, Program Members: \$20/session

KARATE AGES 14+

Boost your fitness and self-confidence through Karate, a physical discipline shaped by East Asian philosophical concepts. For more information please contact Vicky Hinds, Regional Youth Sports Director at 425 282 1520, vhinds@seattleyymca.org.

Monthly, April–June

Mondays 6:15–7:15 pm

Facility Members: \$20/month, Program Members: \$35/month

INTERMEDIATE BELLY DANCING

Emphasis is on fitness, abdominal control, hip and chest isolation, proper posture and relaxation through stretching.

April 3–24, May 1–29, June 5–26

Tuesday 8:00–9:15 pm

Facility Members: \$20, Program Members: \$40

TAI CHI

The daily practice of Traditional Tai Chi Chuan promotes healing, self-development, and a more harmonious relationship with the world. As the Form is presented in a sequential manner, studying one new movement each week, regular participation is preferable and registration is required.

TAI CHI I New and returning students
Thursday, May 3–Aug 23 6:30–7:30 pm

TAI CHI II Completion of First Section required
Wednesday, May 2–Aug 22 5:30–6:30 pm

TAI CHI III Completion of Second Section required
Wednesday, May 2–Aug 22 6:30–7:30 pm

Facility Members: FREE; Program Members: \$80/session

Y-KNOT KNIT CLUB

We will help you clean out your closets. We are accepting yarn that will be used by our Y-knot Knitting Club. We knit and donate our items to great causes. Make a new friend while accomplishing those knitting projects sitting around your house.

Wednesday, Weekly 10:00 am– Noon

WORKSHOPS AND SEMINARS

HULA HOOP WORKSHOP

A low impact way to strengthen your core and burn a few extra calories. This class is appropriate for adults of all ages and abilities, even if you have never been able to hula hoop! And did we mention that it's fun?

Saturday, April 28 Noon–1:30 pm

Cost: \$6 materials fee payable to the instructor

YOGA WORKSHOP– BALANCE POSES

Challenge yourself by quieting the mind and improving your practice in doing better balance poses. Saori will lead you through various balancing poses such as standing, arm and seated balancing poses.

Sunday, April 29 1:00–3:00 pm

Facility Members: \$20, Program Members: \$40

YOGA WORKSHOP–NECK, SHOULDERS AND UPPER BACK

This fun and easy going workshop will cover basic anatomy, simple yoga stretches and some suggestions for lifestyle changes to help maintain a healthy mind, body & spirit connection. Relieving the tension in our shoulders and upper spine not only makes us feel good, but it also improves our ability to think clearly, to communicate with ourselves and others, and express what we need to say.

Saturday, May 12 1:00–3:00 pm

Facility Members: \$20, Program Members: \$40

PRENATAL YOGA WORKSHOP

Let Saori guide you through a yoga practice designed for pregnant women. Included will be a informative discussion about birth topics.

Saturday, April 7 1:00–2:30 pm

Facility Members: \$15, Program Members: \$30

NUTRITION–HEALTHY SNACKS FOR THE FAMILY

Join Claire Leiberman, RD, MSW, to learn how to put together quick and easy healthy snacks and meals and learn how to structure physical activities that will engage the whole family. We will end by making a healthy snack together. Recipes for meals and snacks will be provided.

Tuesday, June 21 4:00–5:00 pm

Facility Members: FREE, Program Members: \$10

OXYGEN FOR YOUR RELATIONSHIPS SEMINAR–PRESENTED BY FORMER SEAHAWK PLAYER NORM & BOBBI EVANS

The Oxygen Seminar is designed to help couples strengthen their relationship and work on tough issues in an environment that is fun and non-threatening. Couples will learn how to improve their communication better understand each other's needs, resolve conflict, rekindle romance and find renewed hope. We help to bring new oxygen into relationships by teaching couples three key principals: Action Plan, Support–System and Paying it Forward. Everyone welcome. Call Cheri if you would like more information 425 830 0902 or email cpamer@seattleyymca.org. Register by calling 425 679 5671. Financial assistance available.

Must register by Monday, May 30

Saturday, June 2 9:00–4:30 pm

Seminar Fee: \$89

Member Childcare: \$20/family

Community Member Childcare: \$40/family

MENOPAUSING NATURALLY

Learn how to manage menopause naturally. We will talk about what foods and supplement will help you manage your menopause systems. We will prescribe a diet that will help meet your nutritional needs and if needed lose weight. Recipes will be handed out.

Thursday, April 26 12:00–1:00 pm

Facility Members: FREE, Program Members: \$10

RUNNERS WORKSHOP

Have you always wanted to run but just don't know how to get started? Runners Workshop–Learn to run properly to prevent injury and increaseperformance using proper form and posture. Suggestions as to the most appropriate shoes and clothing will be presented. Nutritionalneeds will be covered. Training protocols will be covered as well ashow to prepare to participate in races. This workshop will benefitall levels of runners, whether you want to run for health, fitness,weight loss, competition, or fun.

Tuesday, April 24 6:30–7:30 pm

Facility Members: \$10, Program Members: \$20

YMCA RUNNING CLUB

Join the YMCA running club to learn about running for fitness & fun. All are welcome. New runners especially encouraged to join. Group will meet for weekly runs while learning how to run safely with support & tips from YMCA staff. Join us, either to run your first 5k or just to find running buddies for an fun, non-competitive running experience. Pre-registration required.

Tuesday, May 1 6:30 pm

Facility Members: Free