

AUGUST COMMUNITY CONNECTIONS

YMCA COMMUNITY HUB

805 W. Franklin St. Boise, Idaho 83702

For more information, contact:

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**PLEASE SIGN UP THROUGH YOUR YMCA360 MOBILE APP
UNDER DOWNTOWN OR Y COMMUNITY HUB LOCATIONS OR
ON OUR WEBSITE UNDER THE FOREVERWELL PROGRAMS TAB.**

YTALKS

KNOWLEDGE SHARING

HEALING THE PLANET WITH YOUR PLATE



Presented by: Mark Masarik & Ellen Bush

Wednesday, Aug. 20, 12-1:30 p.m.

This workshop will briefly address our current climate challenge, review existing practical solutions to help reverse global warming, re-affirm why plant-rich eating is great for your health, present why plant-rich eating is super-healthy for the planet, (it's the number 4 solution to reverse global warming!) and provide tips on planning, preparation, and protein sources for you to increase your plant rich meals. Stick around after the presentation and create your lunch plate with prepared plant-rich offerings!



REDUCING INFLAMMATION THROUGH DIET

Presented by: Kim Verity M.S., M.A

Thursday, Aug. 21, 12-1:30 p.m.

Persistent inflammation in the body sets the stage for several chronic diseases, including heart disease, cancer, Alzheimer's, and dementia. What we eat can either trigger inflammation in the body or reduce it.

Join us to learn which foods can cause inflammation and how eating an anti-inflammatory diet can keep you healthy.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

YMCA & ST. LUKES PRESENT **LIVING FOREVERWELL**

FIRST WEDNESDAYS, 1-2:15 P.M. | Tomlinson South Meridian YMCA

Join health experts from St. Luke's and the YMCA for a **FREE** educational lecture series focused on your well-being at every stage of life. We'll explore timely health topics each month and share practical tools to help you stay healthy, connected, and Living ForeverWell in the Treasure Valley.



9:30-11:30AM
Cribbage

4

12:15-1PM
Core and Function

NEW

2-3PM
Community Hub Tours

8-9AM
Senior Power Circuit

5

11:45AM-12:30PM
Silver Sneakers Stability

1-2PM
Wellness Passport

6
OUTPATIENT PALLIATIVE
CARE SUPPORT FOR YOU &
YOUR FAMILY
Melinda O'Neal, MSN, FNP
10:30-11:30AM



8-9 AM
Senior Power Circuit

7

11:45-12:30PM
Silver Sneakers Stability

1-3PM
Yarn and Thread Club



9:30-11:30AM
Cribbage

11

12:15-1PM
Core and Function

2-3PM
Community Hub Tours

8-9AM
Senior Power Circuit

12

11:45AM-12:30PM
Silver Sneakers Stability

1-2PM
Wellness Passport

13

8-9 AM
Senior Power Circuit

14

11:45-12:30PM
Silver Sneakers Stability

1-3PM
Yarn and Thread Club

15

9:30-11:30AM
Cribbage

18

12:15-1PM
Core and Function

2-3PM
Community Hub Tours

8-9AM
Senior Power Circuit

19

11:45AM-12:30PM
Silver Sneakers Stability

1-2PM
Wellness Passport

20
HEALING THE PLANET
WITH YOUR PLATE
12:00 - 1:30PM



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REDUCING
INFLAMMATION
THROUGH DIET
Kim Verity, M.S., M.A.
12-1:30PM



22

9:30-11:30AM
Cribbage

25

12:15-1PM
Core and Function

2-3PM
Community Hub Tours

8-9 AM
Senior Power Circuit

26

11:45AM-12:30PM
Silver Sneakers Stability

BOOK CLUB
1-2:30PM



27

8-9 AM
Senior Power Circuit

28

11:45-12:30PM
Silver Sneakers Stability

1-3PM
Yarn and Thread Club



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