

ST. JOE'S AT THE MALL AUGUST 2024

Mon	Tue	Wed	Thu	Fri
<p>Located in the Eastwood Mall next to JC PENNEY'S www.mercy.com/Youngstown/locations Open M-F-8-4:30PM-Parking by Target or Dental Works Phone: 330-652-7542 BLOOD PRESSURES-Tues- Wed- Thurs...9AM-12PM- Tues. 1:30-3:30pm</p> <p>REGISTER FOR SEPTEMBER CLASSES ON 8/26.</p>				<p>1 8:15 Zumba 9:30-SilverSneaker classic- 10- Easy Yoga- 10:45- SilverSneaker Classic 11:15-Advance Balance- 1:00 -1:40 STRENGTH CLASS</p>
<p>5 8:30 Cardio Jam 9:45-SilverSneaker Cardio 10-Chair Yoga- 11:15-Easy Yoga 11:30-Parkinson's Exercise 1:00-1:40 Strength Class</p>	<p>6 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker classic- - 10:45-Silversneaker classic- 11-Beginning Balance-</p>	<p>7 8:30-Cholesterol /Glucose Screening Walk-in, 10 hr fast 8:30Cardio Jam- 9AM- 60UP BALANCE CLASS 9:45- SilverSneakers Cardio- 10-Chair Yoga- 11:30-Parkinson's class-</p>	<p>8 8:15 Zumba 9:30-SilverSneaker classic- 10- Easy Yoga- 10:45- SilverSneaker Classic- 11:15-Advance Balance 1:00-1:40 Strength Class</p>	<p>9 8:30-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- 11:30- Parkinson's exercise- 2-4 NEW! BINGO!! In Target Hallway refreshments/Prizes/ Come and have fun!!</p>
<p>12 8:30 Cardio Jam 9:45 SilverSneaker Cardio 10Chair Yoga- 11:15-Easy Yoga-Exercise 11:30-Parkinson's Exercise 1:00-1:40 Strength Class</p>	<p>13 8:15- Zumba- 8:45- Easy Yoga- 9-12- BONE DENSITY SCREENING -Walk in 9:30-Silversneaker classic- 10:45-Silversneaker Classic 11-Beginning Balance-</p>	<p>14 8:30 Cardio Jam-Hallway 9am 60UP Balance Class 9-12 FREE ADVANCE DIRECTIVES LIVING WILL & DURABLE POWER of ATTORNEY for HEALTHCARE-- walkin 9:45-Silver Sneakers Cardio 10:00 Chair Yoga 11:30 Parkinson's class- 1-2 Healthy at Home Class !! Make your home SAFE!! Linda Hall, Comm. Health Book included!!330-652-7542</p>	<p>15 8-11- Mammogram Bus here- call 330-652-7542 for appt 8:15- Zumba- 9:30-SilverSneaker classic- 10- Easy Yoga- 10:45- SilverSneaker Classic- 11:15-Advance Balance-exercise room 1- Hypertension Management Class -Register 330-652-7542 1:00-1:40 Strength Class</p>	<p>16 -8:30-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- 11:30- Parkinson's exercise- 2-4 NEW! BINGO!! In Target Hallway refreshments//Prizes/ come and have fun!!</p>
<p>19 8:30 Cardio Jam 8:30-10- NEED INFO ON BEHAVIORAL HEALTH SERVICES -SEE ALANALSW front of St. Joe's 8:30-11- Blood Sugar screening- 8hr. fast-walk in 8:30 Cardio Jam 9:45-SilverSneaker Cardio- 10-Chair Yoga- 11:15-Easy Yoga 11:30 Parkinsons Exercise 1:00-1:40 Strength Class</p>	<p>20 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker classic- - 10:45-Silversneaker classic- 11-Beginning Balance-</p>	<p>21 8:30-Cardio Jam- 9AM- 60UP BALANCE CLASS- 9:45 SilverSneakers Cardio- 9:15- Chair Yoga- 11:30-Parkinson's class- 12:30- TALK WITH THE DOC- Dr. Stanley Ozogbo speaking on "CANCER SCREENING" Lunch \$3 Must Register 330-652-7542</p>	<p>22 8:15- Zumba 9:30-SilverSneaker classic- 10- Easy Yoga- 10:45- SilverSneaker Classic- 11:15-Advance Balance- 1:00-2:00 "Psychology of Smoking Cessation and Support for Family Members" Keith Huff,CTTS from NEW START,register 330-652-7542 1:00-1:40 Strength Class</p>	<p>23 8:30-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- classroom- 11:30- Parkinson's exercise- 2-4 NEW! BINGO!! In Target Hallway refreshments/Prizes Come and have fun!!</p>
<p>26 8:30 Cardio Jam- 9:45-SilverSneaker Cardio- 10-Chair Yoga 11:15-Easy Yoga 11:30-Parkinson's Exercise 1:00-1:40 Strength Class REGISTER for SEPTEMBER CLASSES!!</p>	<p>27 8:15- Zumba- 8:45- Easy Yoga- 9:30-Silversneaker classic- I 10:45-Silversneaker classic- 11-Beginning Balance- 2-3 CAR SEAT CLASS TCCH- register 330-675-2489</p>	<p>28 8:30-Cardio Jam- 9AM- 60UP BALANCE CLASS 9:45-SilverSneakers Cardio 9:15-Chair Yoga- 11:30-Parkinson's class</p>	<p>29 8:15- Zumba- 9:30-SilverSneaker classic- 10- Easy Yoga- 10:45- SilverSneaker Classic- 11:15-Advance Balance- 1-4-Peripheral Vascular Disease screening by appt. 1-4 -Advance directives Living Will & Durable Power of Attorney for Healthcare- Walk in 1:00-1:40 Strength Class</p>	<p>30 8:30-Cardio Jam- 9- 60UP BALANCE CLASS- 10- Chair Yoga- classroom- 11:30- Parkinson's exercise-</p>