Auburn YMCA
October Wellness Workshops

Join us at the Y for our wellness workshops.

These events are FREE and open to the community.

Dr. William Shang

Wednesday October 5th   6:00pm

Author and creator of the F.I.R.S.T. (Fighting Insulin Resistance with Strength Training) program.

Join Dr. Shang as he explains the importance of strength training as it correlates to weight loss and controlling diabetes. The Auburn Y will launch F.I.R.S.T. October 17th.

Workshop Please pre –register at our Member Services Desk 315.253–5304

F.I.R.S.T. Program: Limited spots register online at: https://bit.ly/3LisGk3

Dr. Chad Pens

Wednesday, October 12th   6:00pm

Owner and President of COAST Physical Therapy

Dr. Pens will deliver an informative workshop covering the topics of sprains, strains and stress fractures. Find out when to apply ice, or heat and when it is time to see a physician. Come with questions and leave with answers.

No Registration Required

Marge Tracy

Certified Nurse Midwife

Monday, October 17th   6:00pm

Menopause is a normal life event that involves changes and symptoms that feel anything but normal. Join us for a discussion with Certified Nurse Midwife Marge Tracy for an overview of the years prior to and beyond menopause. We will outline some of the major concerns during this time of transition and how to address them. Topics will include (but not be limited to) menstrual changes, hot flashes, sleep difficulties, mood fluctuations, nutrition, weight gain, exercise, bone health, sexuality and overall health maintenance.

No Registration Required

Sarah Lynn Olszewski

Wednesday, October 19th   6:00pm

MS, RDN, CDN and President of Sarah Lynn Nutrition

Sarah will discuss some misconceptions about proper nutrition.Topics covered will include: what are macros and is macro counting necessary, general issues surrounding basic nutrition, and smarter nutritional practices. Come with questions for this presentation and help guide the discussion while learning the facts..

No Registration Required

Auburn YMCA – WEIU 27 William Street, Auburn NY 13021   315.253.5304 www.auburnymca.org