



CATAWBA COUNTY

August 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12 CVMC Health First Center - Bariatric Surgery Education Seminar 3pm	13	14 CVMC Health First Center - Cooking Demonstration 12noon	15
16	17 Conover YMCA: Yoga class 12-12:45	18	19 Conover YMCA: Yoga class 12 -12:45	20	21 Conover YMCA: Yoga class 12 -12:45	22 Conover YMCA: Family Hike at Julian Price Park. Leave-9:30am Return-5pm
23	24 Conover YMCA: *Yoga class 12 -12:45 *Assist with sign-ups 10-11am <hr/> CVMC Health First Center - Bariatric Surgery Educational Seminar 6pm	25 Conover YMCA: Assist with sign-ups 10-11am	26 Conover YMCA: Yoga class 12 -12:45	27 CVMC Health First Center - When All Else Fails Meal Plan 12noon	28 Conover YMCA: Yoga class 12 -12:45 <hr/> CVCC Mult-Purpose Building-Registration 1-6pm	29
30	31 Conover YMCA: Yoga class 12 -12:45					

STEPtember is America on the Move's national, month long celebration highlighting the benefits of active living and healthy eating. This is our effort to help Catawba County eat smart by reducing your daily caloric intake by just 100 and move more by taking an additional 2,000 steps each day. Register at <https://register.americaonthemove.org/>



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September 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Conover YMCA: Yoga class 12 -12:45	3	4 Conover YMCA: Yoga class 12 -12:45	5
6	7 Labor Day	8	9 Conover YMCA: Yoga class 12 -12:45 <hr/> CVMC Health First Center: Bariatric Surgery Educational Seminar 3pm	10	11 Conover YMCA: Yoga class 12 -12:45	12
13	14 Conover YMCA: Yoga class 12 -12:45	15	16 Conover YMCA: Yoga class 12 -12:45	17	18 Conover YMCA: Yoga class 12 -12:45	19 Conover YMCA - Back to School Dance for Teens & Tweens with DJ (\$5)
20 Conover YMCA - Family Hike and Picnic at Riverbend Park at 1pm (please register at Conover YMCA)	21 Conover YMCA: Metabolism Masters Program for Teens and Tweens begins (9/21 - 10/23) <hr/> Conover YMCA: Yoga class 12 -12:45	22	23 Conover YMCA: Yoga class 12 -12:45	24	25 Conover YMCA: Yoga class 12 -12:45	26
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October 2009



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