

F.Y.I. FOR YOUR INFORMATION

Onsite Enrichment Seminars



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2016

Register at the front desk to attend one of our fascinating, FREE lectures.

The FYI (For Your Information)

Lecture Series is meant to enrich your mental and emotional well-being here at the Y. We invite professionals from our community to speak on life topics relating to health, finances, relationships, and personal growth. The lectures are intended to stimulate, educate and provide you with practical advice you can apply to improve the quality of your own life. All lectures are included as part of your membership. We encourage you to come learn with us!



TUESDAY, SEPT. 6 CONSIDERING HOME HEALTH CARE FOR YOUR LOVED ONE?

- Presented by: Steve Petersen
- 12:30–2:00 pm
- Conference Room D

Are you in need of in-home health care for a family member? This presentation will address the issues and considerations involved with the decision making process.



WEDNESDAY, SEPT. 7 RETIREMENT AND ESTATE STRATEGIES WORKSHOP

- Presented by: Ruth Puentes
- 12:30–2:00 pm
- Conference Room C

Topics to be covered include accumulation and distribution of money for retirement and how to pass on money to heirs or charities and be tax-wise. Includes multigenerational IRA planning. Come prepared to take notes and ask questions.



TUESDAY, SEPT. 27 ARE YOU AT RISK FOR DIABETES?

- Presented by: Arsenio Jimenez, Medical Staff Director, Operation Samaritan, Inc.
- 12:30–2:00 pm
- Conference Room C

Are you at risk for diabetes? What lifestyle decisions can you make to impact your health? Dr. Jimenez will discuss these issues and other diabetes concerns.

FOR MORE INFORMATION:

Contact Ann Conway at 760.942.9622, ext. 12523, or aconway@ymca.org.

Continued on reverse.



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**WEDNESDAY, SEPT. 28
HAVING YOUR GOALS
SET AND YOUR CHOICES
HONORED**

- Presented by: Scott Smerud, Esq.
- 12:30-2:00 pm
- Conference Room C

Join us for a presentation addressing defining your housing and financial goals as you age and how to use your financial resources to create a plan to move toward your goals in a step-by-step process. Your options will be discussed to help you make your decision.

VOLUNTEER

**INTERESTED IN
VOLUNTEERING?
YMCA AMBASSADORS MAY
BE FOR YOU...**

A YMCA Ambassador is an active member, volunteering his or her time to help new members have the best experience possible at the YMCA.

Roles of an Ambassador include: helping out with special events; fundraising opportunities; and interacting with YMCA members. Ambassadors meet monthly and fulfill important roles at the YMCA.

For more information, please contact Ann Conway at 760.942.9622, ext. 12523.

**TUESDAYS, OCTOBER 4, 11,
18 & 25**

MINDFULNESS WORKSHOPS

- Presented by: Brad Maybury
- 12:30-2:00
- Conference Room D

Learn, practice and realize the benefits of mindfulness in this free, participatory workshop.

The positive effects include:

- More self-awareness
- Increased focus, creativity and productivity
- Reduced stress
- Non-judgement
- Healing mind and body
- Greater serenity and focus

Brad Maybury, who has authored dozens of articles on personal development, is trained in mindfulness-based stress reduction.



FOR MORE INFORMATION:

Contact Ann Conway at 760.942.9622, ext. 12523, or aconway@ymca.org. Topics, dates, times and fees are subject to change.

**MONDAY, OCTOBER 10
REDEFINING RETIREMENT**

- Presented by: Steve Crisci
- 12:30-2:00
- Conference Room D

Presentation on reverse mortgage loans— myth vs. fact, reasons to consider, find out who is qualified. Come with questions to decide if it makes financial sense for your retirement.



DISCLAIMER

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