



LUNCH & LEARN WORKSHOP

OSCIL/YMCA Partnership

Wednesday, August 31 ~ 12-2 pm

At our August 31st Lunch and Learn Workshop we will discuss OSCIL's new partnership with the YMCA. This new initiative will enable those who qualify to receive a special membership rate to participate in YMCA Programs. Studies have shown that the benefits of exercise clearly demonstrate an increase in physical fitness, stamina, independent living skills and also contribute to an overall sense of well-being.

In addition, a representative from the Cranston YMCA will present information on the FES (Functional Electrical Stimulation) Bike which exercises impaired limbs to increase muscle tone , bone density and flexibility.

As part of OSCIL's outreach and community education initiative, OSCIL offers these free "Lunch and Learn" workshops highlighting various solutions that can increase access in your home and community.

A Sign Language Interpreter and CART have been secured for this event. CART services are sponsored by Hamilton Relay.

Please call 738-1013 for more information and/or if you plan to attend this FREE workshop. Pizza will be served.

United Way's 211 Outreach RV will also be on site to answer questions about other resources and services available in Rhode Island.