

THE SCOOP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OHIO VALLEY YMCA

EAST LIVERPOOL YMCA • CALCUTTA YMCA PROGRAM CENTER
TORONTO YMCA WELLNESS CENTER • GATEWAY WELLNESS CENTER
YMCA WELLNESS CENTER AT ST. JOHN ARENA

Winter 2016

ymcanet.org

VOLUME 2

ISSUE 3

MARCH NEWSLETTER

NOW TAKING APPOINTMENTS!



BENEFITS OF MASSAGE

What Exactly Are The Benefits Of Receiving Massage Treatments?

Useful for all of the conditions listed below and more, massage can:

- *Alleviate low-back pain and improve range of motion.
- *Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- *Enhance immunity by stimulating lymph flow—the body's natural defense system.
- *Exercise and stretch weak, tight, or atrophied muscles.
- *Help athletes of any level prepare for, and recover from, strenuous workouts.
- *Increase joint flexibility.
- *Relax and soften injured, tired, and overused muscles.
- *Release endorphins—amino acids that work as the body's natural painkiller.
- *Relieve migraine pain.

INCREASE THE BENEFITS WITH FREQUENT VISITS

Getting a massage can do you a world of good. And getting massage frequently can do even more. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year. And remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your practitioner to establish a treatment schedule that best meets your needs.

THERMAL PALMS THERAPEUTIC HEAT MASSAGE

SPORTS MASSAGE

DEEP TISSUE AND TRIGGER POINT THERAPY MASSAGE

CUPPING

ADOLESCENT MASSAGE

FIBROMYALGIA MASSAGE

PALLIATIVE CARE

AROMATHERAPY

REIKI ENERGY WORK

MARCH IS COLON CANCER AWARENESS MONTH

HOW MARCH BECAME COLON CANCER MONTH

In February 2000, President Clinton officially dedicated March as National Colon Cancer Awareness Month. Since then, it has grown to be a rallying point for the colon cancer community where thousands of patients, survivors, caregivers and advocates throughout the country join together to spread colon cancer awareness by wearing blue, holding fundraising and education events, talking to friends and family about screening and so much more.

DRESS IN BLUE DAY March 4, 2016

Annually on the first Friday of March, the entire colon cancer community nationwide unites around the color BLUE! Similar to breast cancer's pink ribbon, the nationally-recognized blue star represents the eternal memory of the people whose lives have been lost to the disease and the shining hope for a future free of colon cancer. Colon cancer is the third most common cancer in the United States and the second leading cause of cancer death. But it doesn't have to be this way; through screening, it is one of the most preventable diseases. By our community rising up to knock out colon cancer – we can make a huge impact!

CANCER SUPPORT GROUP

THE YMCA WELLNESS CENTER &
THE TERAMANA CANCER CENTER

Thursday March 17, 5 - 6 PM

This group will meet the 3rd Thursday of every month at the YMCA.

GET CONNECTED

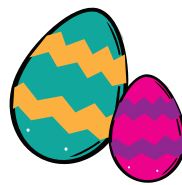
- ✓ Like us on Facebook
Steubenville YMCA
East Liverpool (Downtown) YMCA
Calcutta YMCA

- ✓ Visit us at online at
www.ymcanet.org

QUESTIONS, COMMENTS, IDEAS?

Contact Aimee Livingston, Marketing
at 740-264-7183 or
alivingston@ymcanet.org

Easter Egg Hunt



WHEN: Wednesday March 23
5:30-6:30pm

FOR: Children ages 2-4
Children ages 5-7

COST: Free for Y members (Child must be on membership)
\$2.00 per child for non members
Payment Due upon Registration for Non-Members
Please register at the Front Desk.
Limited to the first 75 children in each age group

**We will also be accepting candy donations at the desk.
Thank you!**



Indoor

BIATHLON



Saturday March 5 | 8-11am | YMCA WELLNESS CENTER

Registration:

Be More Do More Members: FREE
All Others: \$20

Biathlon Age Divisions

Men	Women
13-17	13-17
18-34	18-34
35-49	35-49
50+	50+

WALKING THROUGH GRIEF SUPPORT GROUP

VALLEY HOSPICE AT THE YMCA WELLNESS CENTER
Thursday March 3, 6 - 8pm

The Walking Through Grief Support Group will meet every Thursday from 6-8pm at the YMCA Wellness Center at St. John Arena. This program is offered FREE of charge, however donations are accepted.

SPRING YOUTH SPORTS

PRESCHOOL SPORTS March 19 - April 23

Ages 3-4
Saturdays 10:00 - 11:00am

Looking to nurture your child's development? Sign up for preschool sports. Preschool Sports is a weekly program emphasizing skills of various sports and socializing with others.

KINDERHOOPS March 24 - May 12

Ages 5-6
Thursdays 5:00 - 6:00pm

Kinderhoops is an 8 week instructional program for kids ages 5 and 6 that focuses on the fundamental skills of dribbling, passing and shooting.

BASKETBALL March 24 - May 12

Ages 7-12
Thursdays 6:00 - 7:00pm

This program is designed to help athletes improve their skills, build physical fitness, learn teamwork, sportsmanship and build confidence.

CO-ED DODGEBALL TOURNAMENT



SATURDAY APRIL 9
Registration Deadline March 25

Age Divisions 10-12, 13-17, 18+
Maximum of 7 players per team.

DID YOU KNOW?

Did you know when you're trying to keep your colon healthy, exercise is a huge part of the equation?

By increasing blood flow and circulation through exercise, your colon (and entire gastrointestinal system) gets more oxygen. This may help ward off colon cancer and other diseases. Your fitness routine doesn't need to be extreme. Stretching, doing yoga or walking for 10-15 minutes a day is sufficient to help keep your colon healthy.