



The Broad Street Path to Health Programs  
South Providence Neighborhood Ministries  
747 Broad Street, Providence 02907



## Free Exercise Support Groups

### Mondays

\* 5:30 – 6:30 PM: *Latin Dancercize*

*Video: Viva, Latin Rhythm with Elise Foss*

### Wednesdays

\* 10:30 – 11:30 AM: *Walking Support Group*

*Walk Away the Pounds" exercise video - 45+ minutes*

\* 11:30 – 1 PM: *Healthy Lifestyle Support Group*

### Fridays

\* 10:30 – 11:30 AM: *Walking Support Group*

*Walk Away the Pounds" exercise video - 45+ minutes*

\* 12 – 1 PM: *Pilates (starting Sept. 22)*

*Instructor: Jane McMaugh, In-Town Providence YMCA*

**For information, call Bobbi at 461-7509**

Funded through RI HEALTH Office of Minority Health with support from Blue Cross & Blue Shield of Rhode Island.



El "Camino Hacia la Salud" Calle Broad  
South Providence Neighborhood Ministries  
747 Broad Street, Providence 02907



## Sesiones de Ejercicios *Gratis*

### lunes

\* 5:30 – 6:30 PM: *Ejercicios Baile Latino*

*Vidéo: Viva, Latin Rhythm with Elise Foss*

### miercoles

\* 10:30 am – 11:30 am: *Grupo para Caminano*

*Video de ejercicios de 45+ minutos*

\* 11:30 – 1 pm: *Grupo de Apoyo para la Vida Saludable*

### viernes

\* 10:30 – 11:30 AM: *Grupo para Caminano*

*Video de ejercicios de 45+ minutos*

\* 12 – 1 pm: *Pilates (starting Sept 22)*

*Instructora: Jane McMaugh, In-Town Providence YMCA*

**Para información, llame a Bobbi a 461-7509**

Fundado por el Departamento de Salud de RI, Oficina de la Salud de la Minoria con apoyo de Blue Cross & Blue Shield de Rhode Island.