

Women's Opportunity Center Orientation

The Women's Opportunity Center assists women who have lost financial support due to separation, divorce, death or disability of a spouse. Learn what services are available. Call (856) 234-6200 x223 for an appointment.

YMCA Membership is NOT required. Anyone can attend our workshops for a small fee. REGISTER TODAY! Call (856) 234-6200 x 223

Communicating for Impact (4 week series)

Presentation is everything. This program will help participants communicate with impact through the use of positive verbal and nonverbal language in personal and professional contexts. Topics include speaking and listening techniques, body language (facial expressions, gestures, and space), clothing and appearance, voice and tone. In addition, you will learn how to more appropriately use e-mail to achieve your objectives. You will leave recognizing how your own body language speaks volumes.

Date(s)/Time: Thurs, June 3, 10, 17, 24 ~ 6:30-8:00PM

Speakers: Diane Allen/Claudia Monte, CAM Consulting, LLC

Fee: \$40.00

Killer, Thriller Foods

Food can give exciting pleasure or debilitating pain. Through this seminar, explore the pleasure, pain and power of food. Learn tips for reading food labels. Reduce confusion about food choices. This class will highlight information about healthful, affordable food choices and empower participants in their daily lives.

Date/Time: Wednesday, June 10 ~ 10:00-11:00AM

Speaker: Juliette Haynes, M.S., C.N.H.P. Manager of Nature Products, LLC

Fee: \$10.00

Y Membership not required.