



# City of Cambridge

42.

IN CITY COUNCIL

February 3, 1997

MAYOR RUSSELL  
VICE MAYOR BORN  
COUNCILLOR DAVIS  
COUNCILLOR DUEHAY  
COUNCILLOR REEVES  
COUNCILLOR SULLIVAN  
COUNCILLOR TOOMEY  
COUNCILLOR TRIANTAFILLOU

RESOLVED: That a suitable resolution be prepared on the YMCA Open House to be held on February 28, 1997.

In City Council February 3, 1997  
Adopted by the affirmative vote of nine members.  
Attest:- D. Margaret Drury, City Clerk.

A true copy;

*D. Margaret Drury*

ATTEST:-

D. Margaret Drury  
City Clerk

47

Mayor Russell

Resolved:

Res on YMCA open house, Feb 28

Order

From: Mayor Sheila Doyle Russell

## YMCA holds free open house Feb. 2-8

The Cambridge Family YMCA will hold a free Open House Week from Sunday, Feb. 2, through Saturday, Feb. 8. The schedule is full of lectures, classes, medical tests, and prizes and surprises for everyone.

"We expect to have a lot of people in the building during the week," said membership director Dennis Heenan. "We are looking at it as a week to introduce the YMCA to everyone, but it's also a week to learn about the importance of health and fitness."

Medical people from Mount Auburn Hospital and Harvard Pilgrim Health Care Plan will conduct tests on cholesterol levels, blood pressure screenings, body fat analysis, computerized health risk

assessment, pulmonary function testing and more. There will also be health lectures.

Wednesday is Senior Citizen Day, with nutritional analysis testing, free blood pressure testing, and free aerobics and aquacise classes, followed by a free lunch. On Tuesday, the Y will offer a Women's Health Day.

"We want people to participate," said Heenan. "They don't have to be a member or even from Cambridge."

All aerobics, body sculpting and water exercise classes are free, as well as Tai Chi and yoga. Participation in basketball, weight-lifting, racquetball and many other activities are also free. For info, call Heenan at 661-YMCA.

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## YWCA holds Women's Health Lecture Series

The YWCA of Cambridge and Mount Auburn Hospital have joined forces to sponsor a free Women's Health Lecture Series to all women interested in learning more about their bodies and themselves. The series will be held at the YWCA, 7 Temple St.

Topics include: "Managing Menopause," Feb. 20, 6:30 pm; "Breast Cancer," March 1, 10 am; "Sickle Cell Anemia," April 10, 6:30 pm; "Women and Compulsive Gambling," May 15, 6:30 pm; "Domestic Violence," June 12, 6:30 pm.

The YWCA of Cambridge provides women, girls and their families with tools to change and better their lives.

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MAYOR RUSSELL

RESOLVED: That a suitable resolution be prepared on the YMCA Open House to be held on February 28, 1997.

Boon, Davis, Diehay, Reeves, Sullivan  
Consent Order #42 Toomey + Triantafyllou

Mayor Russell re: Prepare  
resolution on the YMCA Open House  
to be held on February 28, 1997.

R-208

In City Council February 3, 1997

**ORDER ADOPTED**