



## VOLUNTEER FITNESS LEADER TRAINING!

The In-Town Providence Family YMCA

And

The Broad Street Path to Health Coalition

are sponsoring training for you to help the community increase physical activity for health!



**WHO:** The training is open to anyone interested in leading simple walking exercise

**WHEN:** Six Tuesdays from 10:30 am-11: 30 am

**DATES:** February 8 - March 15, 2005

**WHERE:** Knight Memorial Library  
275 Elmwood Ave., Providence

**WHAT:** Training topics include basics of fitness, group process, nutrition, *and more!*

### ***CERTIFICATES:***

Awarded to participants after completing the 6-week course and 10 hours of leading a community exercise group.

*For questions and/or to enroll, call:*

Melissa DeJesus, InTown Providence Family YMCA, 456-0100, X 132

Program funded through RI Department of Elderly Affairs with support from RI HEALTH Office of Minority Health.