

# EMPOWER YOUR HEALTH



## Discover Chronic Disease Prevention at the YMCA!

### PEDALING FOR PARKINSON'S • 8 WEEKS

Three » 1-HR sessions / WK

**COST:** Y Member • FREE | Non-Member • \$200

**Financial Assistance available.** Pedaling for Parkinson's is an indoor stationary cycling program designed specifically for people living with Parkinson's diseases (PD). Developed by the non-profit organization of the same name, Pedaling for Parkinson's (PFP) is focused on improving the quality of life for people with PD. Because of its simplicity, the program allows PD patients with varying symptoms to participate, experience the benefits of forced exercise cycling, and maintain a healthy, active lifestyle.



### LIVESTRONG • 12 WEEKS

Three » 2-HR sessions / WK

**COST:** \$360 • Financial Assistance available.

In partnership with the LIVESTRONG Foundation, the YMCA has developed a 12 week, small-group, cancer survivorship program for those who are living with, through or beyond cancer. Participants work with trained Y staff to achieve their goals, such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. Program registration includes 12 weeks of complimentary membership to the YMCA allowing for additional amenity usage outside of scheduled group classes.



### BLOOD PRESSURE SELF-MONITORING • 16 WEEKS

Two personalized consultations & One nutritional seminar / MO

**COST:** FREE

The YMCA's Blood Pressure Self-Monitoring (BPSM) Program supports adults with hypertension in lowering and monitoring their blood pressure. This four-month program focuses on practicing home self-monitoring and logging of blood pressure readings and individualized nutrition education for better blood pressure management. With support from a trained Healthy Heart Ambassador (HHA) participants will learn to track and lower their blood pressure.



**TO REGISTER E-MAIL:**

Freehold » [Imcgovern@ymcanj.org](mailto:Imcgovern@ymcanj.org)

Old Bridge » [vcottone@ymcanj.org](mailto:vcottone@ymcanj.org)

Red Bank » [jmacdonald@ymcanj.org](mailto:jmacdonald@ymcanj.org)

#### YMCA OF GREATER MONMOUTH COUNTY

Freehold Family YMCA  
470 East Freehold Road  
Freehold, NJ 07728  
732.462.0464

Old Bridge Family YMCA  
1 Mannino Park Drive  
Old Bridge, NJ 08857  
732.727.0704

Red Bank Family YMCA  
166 Maple Avenue  
Red Bank, NJ 07701  
732.741.2504

[YMCANJ.org](http://YMCANJ.org)



324-7226-THQ

**Here for all.**  
Financial assistance is offered based on availability of funds.

# 2024»2025 SCHEDULE CHRONIC DISEASE PREVENTION



## »»» FREEHOLD FAMILY Y

2024		2025
APR. 1 - JUN. 19	SEP. 2 - DEC. 22	JAN. 6 - MAR. 30
LIVESTRONG	BLOOD PRESSURE SELF-MONITORING	PEDALING FOR PARKINSON'S

Health & Wellness Coordinator: Lisa McGovern  
[lmcgovern@ymcanj.org](mailto:lmcgovern@ymcanj.org) | 732.462.0464 ext. 632

## »»» OLD BRIDGE FAMILY Y

2024		2025
APR. 1 - JUL. 19	SEP. 9 - NOV. 1	JAN. 8 - MAR. 29
BLOOD PRESSURE SELF-MONITORING	PEDALING FOR PARKINSON'S	LIVESTRONG

Health & Wellness Director: Val Cottone  
[vcottone@ymcanj.org](mailto:vcottone@ymcanj.org) | 732.727.0704 ext. 310

## »»» RED BANK FAMILY Y

2024		2025
APR. 1 - MAY 20	SEP. 9 - NOV. 27	JAN. 6 - APR. 21
PEDALING FOR PARKINSON'S	LIVESTRONG	BLOOD PRESSURE SELF-MONITORING

Health & Wellness Director: Jessica MacDonald  
[jmacdonald@ymcanj.org](mailto:jmacdonald@ymcanj.org) | 732.741.2504 ext. 219

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