

# RIVERFRONT FAMILY YMCA WOMEN'S WELLNESS EVENT

## Guest Speakers: Multi-Purpose Room

10-10:30am- Dr. Zarna Bambhroliya, MD and Dr. Susan Clark, MD  
"Building Strength from Within: Understanding Bone Density in Women"

10:45-11:30am- Jill Buchanan, MSN-Ed, RN  
"Permission to Prioritize YOU: Embracing Self-Care with Joy"

11:45-12:15pm- Shannon Ruth, Advanced Licensed Cosmetologist, Owner Honey Bloom by Shay LLC  
"Knowledge is Power: What's Really in Your Beauty Bag"

12:30-1:00pm- Susan Facemire PT, DPT  
"Pelvic Health: You Have Questions, We Have Answers - Everything you need to know about your pelvic floor for healthy bladder, bowel and sexual function"

1:15-2:00pm- Davida Pantuso, M.S., M.Ed., C.H.E.S., C.E.S. & Breast Cancer Research Advocate, Fit After Pink Founder  
"Breast Health: Going Beyond the Lump & Assessing Your Breast Cancer Risk"

## Pop-Up Classes: Aerobics Room

10 am- Bootcamp  
11am- Stretch + Flow Yoga  
12pm- All-levels Barre  
1pm- Afternoon Hustle

## Small Business Fair - Gymnasium

10 am - 2pm



Vaccine Clinic  
Scan to Register  
Need ID & Insurance Card

