

Health Rocks Schedule of Sessions for the Bear YMCA, Oliver  
Loss Elementary School, and fall 2005

\*Tuesdays 4:00-5:00 pm

Tuesday November 8<sup>th</sup> - Pre-Survey, Introduction, "Story of My Life"

Tuesday November 15<sup>th</sup> - "Here's to your Health"

Tuesday November 22<sup>nd</sup> - "Counting Heads", "Circle of Friends"

Tuesday November 29<sup>th</sup> - No Program

Tuesday December 6<sup>th</sup> - "Puzzle Out Options", "Fact or Fable"

Tuesday December 13<sup>th</sup> - "Stress In My Life"

Tuesday December 20<sup>th</sup> - "Chains that Bind"

Tuesday January 24<sup>th</sup> - "Advice for a Friend", Post Tests