



ACTIVE OLDER ADULT PROGRAMMING

BAY VIEW FAMILY YMCA | APRIL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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10:15-11:15am **7**
*Pelvic Floor Lecture
with Emily Caraglio

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10-10:30am **9**
*Mindfulness with
Vicki

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9:30-10:30am **14**
Blood Pressure Office
Hours with Rita

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11:30am-12:30pm **22**
*Andrew Cavate with
MVPT presents:
Balance & Fall
Prevention

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Join the Active Older Adults at the YMCA
of Greater Rochester Facebook Group!
Scan the QR code below!



* Notes registration is required.



EVENT DESCRIPTIONS

Pelvic Floor Lecture with Emily Caraglio

Join Emily Caraglio for an informative session on pelvic floor health. Discover the importance of pelvic floor muscles, common concerns, and practical exercises to improve strength and function.

Mindfulness with Vicki

Take a moment to pause and reset with Vicki during this mindfulness session. Learn techniques and practical exercises to improve strength and function.

Blood Pressure Office Hours with Rita

Stop by to have your blood pressure checked by Rita and receive tips for maintaining a healthy heart.

***Balance & Fall Prevention with MVPT**

Join Andrew Cavate, PT, DPT, from MVPT Physical Therapy for an informative session on balance and fall prevention. Learn strategies to improve stability, reduce fall risk, and stay active with confidence. Registration is required.