

<b>7:30am</b>	Gym	<b>Zumba</b> – Barbara Johnson, WCC
	SC-A	<b>Yoga</b> – Murielle Corwin, WCC
<b>8:00am</b>	Lobby	<b>Youth Dental Screenings-</b> Lincoln County Dental (8am-12pm)
	Lobby	<b>Blood Pressure Clinic</b> – Wiscasset Ambulance Service (8am-12pm)
	Gym	<b>Step It up</b> – Lorna Weber, WCC
	Pool	<b>Water Work-</b> Lori LaPointe, WCC
	SC-B	<b>Build a Healthy Meal</b> – Lara Cogar, Healthy Lincoln County
<b>8:45am</b>	Gym	<b>Flex Fit</b> – Cedric Maguire, WCC
	SC-A	<b>Activities of Daily Living</b> – Diane Brown, Lincoln County Health Care
	SC-B	<b>Add More Vegetables to Your Day</b> – Lara Cogar, Healthy Lincoln County
<b>9:30am</b>	Gym	<b>Morning Wake up</b> – Lorna Weber, WCC
	SC-A	<b>Injuries, Ask the PT</b> – Josh Garneau, Lincoln County Health Care
	SC-B	<b>Eating Better on a Budget</b> – Lara Cogar, Healthy Lincoln County
<b>10:15am</b>	Gym	<b>Dynamic vs Static Stretching</b> - Josh Garneau, Lincoln County Health Care
	SC-A	<b>Staying well with Diabetes</b> – Kathy Jacques, Lincoln County Health Care
	SC-B	<b>Tips to Get Through “The Winter Blues”</b> – Stephanie Hanner, Sweetser
<b>11:00am</b>	Gym	<b>Senior in Motion</b> - Stacy Graffam , Sheepscot Bay Physical Therapy
	Pool	<b>Water Works</b> – Nori McLeod, WCC
	SC-A	<b>Nutrition and Diabetes</b> – Anne Boe & Courtney Lafon, Lincoln County Health Care
	SC-B	<b>Stick to it – Keep up with those New Year’s Resolutions</b> – Stephanie Hanner, Sweetser
<b>11:45am</b>	WCC	<b>Hands Only CPR-</b> Wiscasset Ambulance Service
<b>12:30pm</b>	Gym	<b>Zumba Gold</b> – Barbara Johnson, WCC
	Pool	<b>Parent/Tot Water Exploration</b> – Lori Lapointe, WCC
	SC-A	<b>Smoking Cessation</b> – Mike Glennon, Lincoln County Health Care
	SC-B	<b>Know Your Online Presence</b> – Marita Fairfield, PowerUp Business Solutions
<b>1:15pm</b>	Gym	<b>Kick Boxing</b> – Kristina Phillips, WCC
	Pool	<b>Splash Class</b> – Lori Lapointe, WCC
	SC-A	<b>Living with COPD</b> – Michelle Collins, Lincoln County Health Care
<b>2:00pm</b>	Gym	<b>Youth Athletic Fit</b> – Cedric Maguire, WCC
	Gym	<b>Flex Fit</b> – Kristina Phillips, WCC
	SC-A	<b>Postpartum Health and Breast Feeding</b> - Lincoln County Health Care