



FALL 2023



75 Maple Street, Essex Junction, VT 05452
802-878-1375 / ejrp.org
8am-4pm / Monday-Friday

COMMUNITY EVENTS

MOVIE NIGHTS IN THE PARK

Bring your lawn chairs, picnic dinner, and enjoy our 27ft movie screen! Don't forget that the evenings start to get a little cooler as summer comes to a close.

ALL AGES / MAPLE STREET PARK

SUPER MARIO BROTHERS / FRI, SEPTEMBER 8 / 7PM

E.T. / FRI, SEPTEMBER 15 / 7PM

FREE

MSP FALL RUNNING SERIES

This points-based running series is designed to encourage friendly competition and the enjoyment of running and racing. Course length will vary between 2.5 and 5 miles weekly. New and experienced runners will enjoy the friendly, grassroots atmosphere of these fun courses around the neighborhoods near Maple Street Park. There will be an awards ceremony at the last race. Register for all races by September 1 and guarantee yourself a MSP Fall Race Series t-shirt.

12+ / MAPLE STREET PARK & SURROUNDING NEIGHBORHOODS

WED, SEPTEMBER 20-OCTOBER 25 (NO RACE OCTOBER 11)

REGISTRATION OPENS: 5PM

RACE START: 5:30PM

\$50 FOR ALL 5 RACES OR \$15/RACE

CONSTRUCTION JUNCTION

Come see equipment up close at this touch-a-truck event, construction style! Bring your trucks, buckets, and shovels and help excavate sand pits. Get up close with real life bulldozers, concrete mixers, concrete pump trucks, dump trucks, and tractors too! This event is free, but food shelf donations are encouraged.

PRESCHOOL-GRADE 4 / MAPLE STREET PARK PARKING LOT

SAT, OCTOBER 7 / 9AM-12PM



HALLOWEEN HUSTLE 5K ROAD RACE

Join us for our wildest and craziest costumed run of the year! Giveaways guaranteed to all runners registered for the 5K before October 10. Prizes awarded for age group, overall, and best costumes! They say running is a lifetime sport, so start the kids off strong with the kids 1K costumed race at 10:45am.

ALL AGES

MAPLE STREET PARK & SURROUNDING NEIGHBORHOODS

SAT, OCTOBER 28 / REGISTRATION OPENS: 9:15AM

5K BEGINS: 10AM / 1K RACE: 10:45AM

PRE-REGISTRATION: \$20 / RACE DAY: \$25 / KIDS UNDER 15: FREE



COMMUNITY CARVING NIGHTS

Come help carve pumpkins that will be on display at Maple Street Park during Maple Street Pumpkin Palooza and Halloween!

ALL AGES / MAPLE STREET PARK
WED, OCTOBER 25 & THU, OCTOBER 26
3-6PM

LETTERS TO THE NORTH POLE

We've got a direct line to the North Pole! Stop by Maple Street Park and deposit your letter to the North Pole in our special mailbox. You may even receive a reply from the big man himself!

ALL AGES / MAPLE STREET PARK
DAILY, NOVEMBER 23-DECEMBER 15



WINTER LIGHTS IN THE PARK

Take a walk through Maple Street Park and enjoy the lights accompanied by festive music. Scan a QR code for a scavenger hunt list on your way into the park to see if you can find all the hidden ornaments in the trees.

ALL AGES / MAPLE STREET PARK
DAILY, NOVEMBER 23-JANUARY 1
5-8PM

ESSEX JUNCTION TRAIN HOP

Grab a map and tour train hop stations at local businesses to see model train displays and to get little goodies. Catch the free shuttle to Maple Street Park for the festive lighted trees, train ride around the park and music. Don't miss this annual kick-off to the holidays where we'll celebrate community connections!

ALL AGES / CITY CENTER & MAPLE STREET PARK
FRI, DECEMBER 8
5:30-8PM

MAPLE STREET PUMPKIN PALOOZA

Back for a fourth year, this event will have a massive trick-or-treat trail, featuring decorated tents for families to enjoy. The amazing 700 pumpkin castle will be on display for all to see. Guaranteed treats for all ages!

ALL AGES / MAPLE STREET PARK
SAT, OCTOBER 28
4-8PM

\$5/GROUP OF 5 ONLINE TICKET / \$10/GROUP OF 5 DAY OF TICKET
PRESALE ONLINE TICKETS FOR ESSEX JUNCTION AND RESIDENTS
AVAILABLE OCTOBER 4.

CITY OF ESSEX JUNCTION AND TOWN OF ESSEX RESIDENT TICKETS
AVAILABLE OCTOBER 3.

NON-RESIDENT MAY PURCHASE PRESALE TICKETS OCTOBER 17.



*Visit the pumpkin display
nightly from October 28-31!*

LOCAL MOTION E-BIKE LENDING LIBRARY AT MAPLE STREET PARK

We are excited to announce a partnership with our friends at Local Motion to bring the E-Bike Lending Library to Essex Junction. This program is made possible by a grant through the Chittenden Regional Planning Commission. The goal of the program is for individuals to gain understanding of how an e-bike can meet your daily transportation needs. This is a FREE program! Participants must sign up in advance. Rentals will be for 6 days with pick up on Thursdays and returns the following Tuesday.

SEPTEMBER 14-OCTOBER 24
FOR MORE INFORMATION VISIT WWW.EJRP.ORG

PRESCHOOL PROGRAMS

KINDERMUSIK



Kindermusik® classes provide a playful, supportive environment for children and their caregivers to play together with music, dancing, singing, exploring instruments, and more. Activities designed specifically for each stage of early childhood support infants' and children's development across cognitive, social-emotional, and physical domains while building understanding of simple musical concepts.

ASPIRE STUDIO / 75 MAPLE STREET

A: TUE, 9-10AM / LEVEL 3: 3-5 YEARS

B: TUE, 10:30-11:15AM / LEVEL 2: 2-3 YEARS

C: TUE, 11:45AM-12:30PM / LEVEL 1: 1-2 YEARS

D: WED, 9-9:45AM / LEVEL 1: 1-2 YEARS

E: WED, 10:15-11AM / FOUNDATIONS: 0-12 MONTHS

F: WED 11:30AM-12:15PM / LEVEL 2: 2-3 YEARS

SESSION 1: WEEK OF SEPTEMBER 4-25

SESSION 2: WEEK OF OCTOBER 2-23

SESSION 3: WEEK OF OCTOBER 30-NOVEMBER 27

NO CLASSES WEEK OF NOVEMBER 20

\$55 PER SESSION

RACHEL SMITH

PRESCHOOL PLAYGROUP



Come connect with other caregivers & children for lots of free play and fun! We ask that you bring a drink and indoor shoes. There will be books, crafts and lots of space to move and run!

AGES 0-5 / 75 MAPLE STREET

TUE/THU, SEPTEMBER 5-JUNE 13

FOLLOWS EWSD SCHOOL CALENDAR (NO SCHOOL, NO PLAYGROUP)

9:30-11AM

LAURA RASCO

YOUTH RECREATION

FIRST STEP BBALL CLINIC



All good basketball players know that first step is what makes or breaks a play. Join coach McCurley for this beginners basketball clinic designed to influence good habits and introduce team play.

GRADES 1-3: MON/WED / SUMMIT

SEPTEMBER 11-OCTOBER 18

6:15-7:15PM

\$85

CHRIS MCCURLEY

SWISH BASKETBALL LEAGUE



This exciting fall basketball program helps bridge the gap between Rec and elite travel ball by providing practice and game experience overseen by experienced AAU coaches for players with some basketball experience. Participants will receive two weekday practices and will be entered on a team for our SWISH Fall League (Saturday games) and for our end of season tournament on November 4.

GRADES 4-12 / ADL / EMS / EHS

SEPTEMBER 11-NOVEMBER 4

PRACTICES: MON-THU / 6-8:30PM

GAMES: SAT / 2:30-9PM

FULL PROGRAM REGISTRATION: 6 GAMES, WEEKLY PRACTICES WITH ASSIGNED COACHES, AND END OF SEASON TOURNAMENT: \$245

INDIVIDUAL GAME-ONLY REGISTRATION: \$160

FULL TEAM REGISTRATION, NO COACHES OR PRACTICE TIME ALLOCATED: \$425

SWISH BASKETBALL

PROMOTING COMMUNITY HEALTH & WELLNESS

The benefits of programs with these icons may include:



EMOTIONAL: Growth in your ability to identify and express your own thoughts and feelings, increased empathy, and skills to connect with and understand others.



ENVIRONMENTAL: Exploring the wonder of the natural world, an understanding of connections between our choices and their impact on the environment, and time spent outdoors.



INTELLECTUAL: Stimulating mental activity, acquiring new skills or knowledge, and improved creative thinking.



PHYSICAL: Exercise, learning about healthy nutrition, improved cardiovascular health, and muscular strength and agility.



SOCIAL: Community fostered by shared experiences, new friends and an expanded support network, a sense of respect, tolerance, and acceptance of others in our community.

ESSEX STING BASKETBALL CLUB



Essex Sting Basketball Club is a Non-Profit organization that offers competitive basketball opportunities for EWSD students in grades 4-8 (4th graders may try out for the 5th grade team). Sting teams will practice once or twice a week beginning in October and continuing through mid-February. Essex Sting teams compete in the Mini-Metro Basketball League, which competes on Sundays against other clubs from the region. Participation on any Essex Sting team requires players to register for a tryout before being selected. Coaches will take into account players' skill, athleticism, work ethic, openness to receive coaching, and teamwork when determining which players are invited to join the team.

GRADES 4-8 / EWSD SCHOOL GYMS

TRYOUTS: THU, SEPTEMBER 21

BOYS: 6-8PM / ADL

GIRLS: 6-8PM / EMS

SEASON: OCTOBER 16-FEBRUARY 25

TRYOUTS: \$10 / SEASON: \$150

ESSEX STING BASKETBALL CLUB

ESSEX COMMUNITY YOUTH BASKETBALL LEAGUE



Join our recreational basketball league for all children of our community looking to exercise, have fun, and be a part of a team! The league begins with an evaluation/teaching segment running November 27-December 1. Depending upon numbers and/or evaluations, teams may become co-ed. The remainder of the season will include a practice and league game each week. Additional Saturday games against non-Essex teams will be twice a season for grades 3-4, three or four

times for grades 5-6 boys, and every Saturday for grades 5-6 girls.

GRADES 1-6 BOYS / GRADES 1-6 GIRLS / EWSD SCHOOLS

NOVEMBER 27-FEBRUARY 17

MON-THU: 6-9:30PM / SAT MORNINGS

\$75 BEFORE OCTOBER 31/ \$85 AFTER OCTOBER 31

EJRP

PEEWEE BASKETBALL



A great next step for our graduating Jr Hornets! Keep the fun and learning going with the Essex High School JV team. The fee includes a basketball and t-shirt. Parent participation is encouraged!

GRADE K / ADL

SAT, JANUARY 6-FEBRUARY 10

9:30-10:20AM

\$45

ESSEX HIGH SCHOOL GIRLS JV TEAM

JR. HORNETS BASKETBALL



EHS girls varsity basketball coach Montague and his players will teach you and your child the motor skills and games needed to dribble/ball handle, pass/catch, shoot, and defend! Coach and his staff work one-on-one with each Jr Hornet, teaching and laughing while they spend quality time giving back to the next generation of Hornets. Fee includes a basketball and t-shirt!

3-5 AND A PARENT/GUARDIAN / ADL

SAT, JANUARY 6-FEBRUARY 10

8:30-9:20AM

\$45

ESSEX HIGH SCHOOL GIRLS VARSITY TEAM





FUSION VOLLEYBALL CLUB TRYOUTS

Fusion Volleyball Club is a registered member of New England Regional Volleyball Association. Our goal is to provide a high quality experience in a safe and respectful environment. We are a dedicated and experienced group of coaches who share the love of coaching. We pride ourselves on providing a positive and educational experience for the youth we serve. We offer practice opportunities throughout the school year and our Premier and Elite teams will participate in several regional tournaments.

SPECIFIC TRY OUT TIME SLOTS WILL BE SCHEDULED BY COACHES AND SHARED PRIOR TO NOVEMBER 12.

IF YOU ARE SELECTED FOR A TEAM FOLLOWING YOUR TRY OUT, THERE IS A \$150 REGISTRATION FEE. DEPENDING ON YOUR TEAM SELECTION (AND YOUR AVAILABILITY) ADDITIONAL TOURNAMENT FEES WILL BE COLLECTED AS WELL.

GRADES 7-12 / EHS GYM

SUN, NOVEMBER 12

5-9PM

\$10

FUSION VOLLEYBALL

SOCCER SPARKS



Soccer Sparks offers age-appropriate soccer classes for kids ages 2 to 9 in a low-pressure, high-skill learning environment. The Soccer Sparks approach utilizes fun and games so that children develop a passion for soccer without the stress of competitive play. Taught by USSF Nationally Certified coaches, Soccer Sparks' "all-ball" training techniques help kids meet their maximum potential while emphasizing fair play and enjoyment of the sport.

MAPLE STREET PARK / FLEMING

SAT, SEPTEMBER 9-SEPTEMBER 30 & NOVEMBER 11-DECEMBER 9

AGES 2-3: 9-9:30AM

AGES 3-4: 9:35-10:05AM

AGES 4-5: 10:10-10:55AM

AGES 6-9: 11-11:45AM

\$55

DRAGOMIR PARVANOV OF SOCCER SPARKS

WASHINGTON, DC TRIP

For the ninth spring in a row, we will be offering our annual 8th grade trip to Washington, D.C. Participants will get to see firsthand the sites they have learned about in social studies along with enjoying fun cultural and recreational activities.

GRADE 8 IN THE CITY OF ESSEX JUNCTION

SUN-THU, APRIL 21-25

INFORMATIONAL MEETING: WED, SEPTEMBER 20, 6:30PM

75 MAPLE STREET



WINTER POETRY TEA TIME



Does your child love tea parties, treats, and books? Give your child a chance to enjoy friends, beautiful poems and books, and a craft during this special winter themed tea party.

AGES 5-7 / MAPLE STREET PARK

SAT, JANUARY 13

9-10:15AM

\$35 PER CHILD

MAKE N' TAKE CLASSES WITH THE MAKERS STATION

All classes will be led by local business owner Sarah Spencer and will take place at ADL and using the Makers Station Bus!



BROOMSTICK GNOME MAKE N' TAKE



Create a green, purple, or orange Broomstick Gnome. Ready to hang in your window display or sit on the shelf, you'll have fun making these cute witchy gnomes in time for your fall décor.

MON, OCTOBER 9

9-11AM

\$35

5 DAYS OF GIFT MAKING



Spend 5 days of Thanksgiving vacation in the magical Makers Station workshop as we become our own gift elves creating unique gifts for friends and family! From Snowmen and Santa Gnomes to gift boxes and photo frames, participants will make special gifts and learn the art of giving.

SAT, NOVEMBER 18-WED, NOVEMBER 22

9-11AM

\$125

NEW YEARS SNOWMAN SPECTACULAR



Make decorations for some after-holiday cheer! Cute snowmen, gnome woodland angels and Hornet Team Spirit gnomes, along with other unique decor.

TUE, DECEMBER 26-FRI, DECEMBER 29

9-11AM

\$125

HIGH SCHOOL PROGRAMS

DRIVERS ED



Epic Driving focuses on defensive driving techniques including crash avoidance, situational awareness, zone control, mindful driving, and developing good driving habits. This course includes 30 hours of engaging, differentiated, and responsive classroom activities and once weekly, individually scheduled behind-the-wheel lessons.

AGES 15-18 WITH A VALID VT LEARNER'S PERMIT / 75 MAPLE STREET
DRIVING APPOINTMENTS WILL BE 1½ HOURS IN LENGTH AND ONCE A WEEK

\$850

CORD HULL, EPIC DRIVING LLC

FALL SESSION:

SEPTEMBER 19-NOVEMBER 7 / TUE: 6:30-8:30PM / SUN: 9-11AM

WINTER SESSION:

NOVEMBER 28-JANUARY 23 / TUE/THU / 6:30-8:30PM



EHS INTRAMURAL ICE HOCKEY



Essex Intramural hockey is a way for all high school kids to get out and play hockey, regardless of skill or ability. The Wombats, Lemurs, Kangaroos, and Armadillos go head-to-head in an organized display of hockey on all levels. The uniqueness and allure of this program is that everyone gets to play, regardless of ability.

GRADES 9-12 / EHS

SAT, DECEMBER 2-FEBRUARY 24

TIME: TBD

\$50

TOM PRESKA

ADULT FITNESS

WOMEN'S PICK-UP BASKETBALL



Join us each Tuesday night for female only, non-competitive pick-up games for fun and fitness. Join this amazing group of women ballers to get back into shape and work on your game!

18+ / FLEMING

FALL SESSION: TUE, SEPTEMBER 5-NOVEMBER 14

WINTER SESSION: TUE, NOVEMBER 28-FEBRUARY 13

7:30-9PM

\$40

AMANDA DALL AND VOLUNTEERS

FALL BARCOMB BASKETBALL LEAGUE



Join us on Monday nights for this popular, fast-paced league.

18-59 / EHS

MON, SEPTEMBER 4-NOVEMBER 13

8-10PM

\$55

DENNIS BARCOMB

MEN'S PICK-UP BASKETBALL



Time to stretch those muscles and get in shape. Join us for pick-up basketball, fun, and fitness every Tuesday night.

18+ / ADL

FALL SESSION: TUE, SEPTEMBER 5-NOVEMBER 14

WINTER SESSION: TUE, NOVEMBER 28-FEBRUARY 13

7-9PM

\$40

ROBERT HAGGERTY AND VOLUNTEERS

CHAIR ONE FITNESS



This seated class is designed to deliver a fun, musically driven, interactive, full-body workout that uplifts people through dance, fitness and stretching moves. This class is perfect for seniors, those with movement challenges, Parkinson's, over-weight individuals, Veterans, wheel chair users, amputees, and more. The benefits of this class include: improved cardiovascular capacity, flexibility and motor control, improved posture, overall strength and endurance, improved mood and builds community.

ALL AGES / MAPLE STREET PARK MULTI-PURPOSE ROOM

THU, SEPTEMBER 7-OCTOBER 26

12-1PM

\$80 FOR 8-WEEK SESSION, \$13 DROP IN

HEATHER CLIFFORD, CHAIR ONE, SENIOR AND INDEPENDENT REVELATION WELLNESS FITNESS INSTRUCTOR

TAI CHI: BEGINNER WITH BETTY ADAMS



This class is an introduction to Tai Chi for fall prevention and serves adults looking to explore practicing Tai Chi in a safe, risk minimized environment. This program will be for brand new participants looking to join their first group! Registration is required and seats are expected to fill, so register today!

60+ / MAPLE STREET PARK

MON, SEPTEMBER 25-DECEMBER 18

11AM-12PM

FREE - ADVANCED REGISTRATION IS REQUIRED

BETTY ADAMS, AGE WELL

TAI CHI: SUN 73 WITH LINDA STREETER



This class is a review/continuation for those who are familiar with Sun 73 and Tai Chi for fall prevention. This program serves an already established group which has limited availability. This is not a program for beginners! Masks are required for participation in this program. Registration is required for participation.

60+ / MAPLE STREET PARK

MON, OCTOBER 16-DECEMBER 18

9:30-10:30AM

FREE - ADVANCED REGISTRATION IS REQUIRED

LINDA STREETER, AGE WELL



EASY FLOW YOGA



Easy Flow Yoga combines many components of a well-rounded yoga practice with simple sequencing and longer hold times of some poses. Connect to your body and breath for an hour and return to the world a more centered you. This class is available to those with some yoga experience, regardless of age and gender. Yogis should bring a mat or blanket to practice on.

ALL AGES / MAPLE STREET PARK MULTI-PURPOSE ROOM
FRI, SEPTEMBER 22-OCTOBER 27
9-10AM
\$60 FOR 6-WEEK SERIES, \$13 DROP IN
NATALIE BOYLE, REGISTERED YOGA TEACHER

INTERMEDIATE FLOW



Intermediate Flow is for those seeking more from their time on the mat. The pace will be quicker, the breath more intentional, the sequences more robust – yet still an accessible practice. Come see what your body, breath, and mind are capable of! Mats may not be provided. Yogis should bring a mat or blanket to practice on. This class is available to those with yoga experience, regardless of age and gender.

ALL AGES / MAPLE STREET PARK MULTI-PURPOSE ROOM
FRI, OCTOBER 6-NOVEMBER 17
10:30-11:30AM
\$60 FOR 6-WEEK SERIES, \$13 DROP IN
NATALIE BOYLE, REGISTERED YOGA TEACHER

THURSDAY MEN'S BASKETBALL LEAGUE

Join us for some fun, exercise, and competition! This recreational league plays 4v4 games on Thursday evenings in the fall and winter. Game times are subject to change based on gym availability.

AGES 18+ / FLEMING GYM
THU OCTOBER 12- FEBRUARY 15
6-9PM
\$75
VOLUNTEERS RYAN FOLLENSBEE AND SCOTT CARLSON

PICKLEBALL: LEARN TO PLAY/BEGINNER FALL CLINIC



Join instructor Chris Tudor for this beginner boot camp! During this family friendly clinic series, novice pickleballers will learn the basic stroke mechanics, rules/scoring, and basic shots needed to get you playing matches on your own! This program is intended for players rated 3.0 and below. No equipment needed!

12+ / CASCADE PARK
MON, SEPTEMBER 18-OCTOBER 9
WED, SEPTEMBER 20-OCTOBER 11
5-6PM
\$55
CHRIS TUDOR

CASCADE CLASSIC PICKLEBALL TOURNAMENT



Join us for our fifth annual Cascade Classic Pickleball Tournament! We will be hosting men's and women's doubles divisions on Saturday, September 30 and mixed doubles on Sunday, October 1 at Cascade Park. Limited space available per bracket, registration closes September 25.

18+ / CASCADE PARK
SAT/SUN, SEPTEMBER 30-OCTOBER 1
10AM-3PM
DIVISIONS WOMEN'S: 3.9 & UNDER
MEN'S: 3.9 & UNDER / 4.0 AND UP
MIXED: 3.9 & UNDER / 4.0 AND UP
\$35 REGISTRATION, \$20 ADDITIONAL EVENT



ADULT RECREATION

GOLD STAR DOG TRAINING COURSES

DOG/PUPPY ESSENTIALS



We're busy people. We've got other priorities. Dog training can feel like One. More. Thing. But, you want a dog you can live with, be proud of, and about which others glowingly remark "What a great dog!" This class shows you how to have a happy, confident, well-behaved dog.

18+ / 75 MAPLE STREET
SAT, DECEMBER 2-JANUARY 13 (NO CLASS 12/30)
SAT, FEBRUARY 3-MARCH 9
10AM OR 11:15AM
\$165 WITH A DOG / \$65 WITHOUT A DOG
DEB HELFRICH, GOLD STAR DOG TRAINING

BEYOND BASICS DOG OBEDIENCE



This class takes your training to the next level by showing you the basic, intermediate, and advanced version of each exercise. This permits perfect fit training for you and your dog! If your dog's heeling is fantastic, we'll help you take it to the next level. If your dog's sits are still a challenge, we'll go back a level and reinforce the basics. The atmosphere is supportive yet challenging. The emphasis is on what you want to achieve with your dog within the exercises we teach, and then giving you the instruction and proper exercises to achieve your goals. Pre-requisite: Gold Star Dog Training Basic/Essentials course, or instructor approval.

18+ / 75 MAPLE STREET
SAT, FEBRUARY 3-MARCH 2
12:45PM
\$165 WITH A DOG / \$65 WITHOUT A DOG
DEB HELFRICH, GOLD STAR DOG TRAINING

THERAPY DOG ACADEMY



So, your dog wants to be a therapy dog? Well, we've got a course for that! This 6-week course gives dogs and handlers the necessary skills for not only passing the test but also for working successfully as a therapy dog team. Pre-requisite: Gold Star Dog Training Basic/Essentials course.

18+ / 75 MAPLE STREET
SAT, DECEMBER 2-JANUARY 13 (NO CLASS DECEMBER 30)
12:45PM
\$185
DEB HELFRICH, GOLD STAR DOG TRAINING

MODERN WESTERN SQUARE DANCE



If you can walk to music, you can learn to square dance! Join us every Thursday throughout the school year to exercise our bodies and minds through square dancing. New dancers should attend before the end of October. All ages and experience levels welcome. For more information, contact Susan Pierce 879-1974, sewpie@aol.com

ALL AGES / 75 MAPLE STREET
THU, SEPTEMBER 7-MAY 23
6:30PM
WWW.GREENMOUNTAINSTEPPERS.ORG

FRIENDLY TABLETOP GAMERS OF ESSEX & BEYOND



Looking to make new friends in a low-key social environment? Looking for a new game group to play your favorite tabletop games with? The Friendly Tabletop Gamers has what you're looking for!

18+ / 75 MAPLE STREET
EVERY OTHER FRIDAY BEGINNING SEPTEMBER 1 / 6:30PM
FREE
RSVP FOR MEET UPS AT WWW.MEETUP.COM/ESSEX-TABLETOP-GAMERS





MY HEALTHY VERMONT

Have you heard about My Healthy Vermont? If not, please check out our FREE evidence based workshops. We offer mostly virtual workshops that are live, and interactive, but never recorded. Our workshops are facilitated by Vermonters who are trained to engage the group in thoughtful discussion, provide reliable up to date information and guide participants in creating sustainable lifelong habits that align with their values.

You may benefit from participating in a workshop if your answer is yes to any of the following:

- You are living with one or more chronic conditions
- At risk for Type 2 Diabetes
- Interested in focusing on ways you can feel your best
- You would like to be part of a supportive group atmosphere

If you want to learn more, visit www.MyHealthyVT.org and click "Get Started" to take the next step. We currently have five workshops of various interest to Vermonters including:

- Diabetes Prevention Program
- Hypertension Control Program
- Chronic Pain Self-Management Program
- Diabetes Self-Management Program
- Tobacco/Vape Cessation Workshop



ONLINE FALL PROGRAMS VIA ZOOM

Hypertension Control Program

FRI, SEPTEMBER 15-NOVEMBER 10
10 AM-11:30 AM

Diabetes Self-Management Program

WED, SEPTEMBER 20-NOVEMBER 1
4PM-6:30 PM

If you have questions regarding this program, please contact:

Amy Rainville
Selfmanagement@uvmhealth.org



75 Maple Street, Essex Junction, VT 05452 / 802-878-1375 / www.ejrp.org
8am-4pm / Monday-Friday

PRST STD
U.S. Postage
PAID
Burlington VT
05401
Permit No. 675

ECRWSS
CARRIER ROUTE PRESORT
RESIDENTIAL CUSTOMER

2 pm to 6 pm
(varies by site)
2-5 days/week

WE ARE HIRING

AFTERSCHOOL STAFF

Counselors: Starting at \$17.00/hr

Assistant Coordinators: \$18.50/hr

