



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA'S DIABETES PREVENTION PROGRAM EUGENE FAMILY YMCA

One out of every three Americans will be diabetic by 2050. Are you one of them? You don't have to be. You can take control now.

"I've made many changes in my eating habits since starting the YMCA's Diabetes Prevention Program. I snack less often. My portions are smaller. I'm eating more vegetables. It is good to know that I don't have to be perfect, and I can still reduce my risk. Being in a program that works makes the cravings manageable."

-YDPP PROGRAM PARTICIPANT, EUGENE, OR

NEXT CLASSES BEGINNING SOON AT YOUR Y!

Nov 29th – Tuesdays 6-7pm

The YMCA is committed to helping prevent chronic disease by giving individuals of all ages tools for healthy living. Contact Kari Porter to learn more about this year-long, evidence-based program.

EUGENE FAMILY YMCA

2055 Patterson Street, Eugene | 541 686 9622 | eugeneymca.org



Celebrating our past, Creating our future

EWEEB contributes more than \$600,000 annually to local public schools. Why? Because we all benefit from good local schools, and it's a smart investment in our future. For more info about our annual grants to schools, visit eweb.org/education/grants.

We do much more than provide water and electricity 24 hours a day, 365 days a year. For more info about EWEEB's first 100 years, visit eweb.org.

Rely on us.



WOW HALL

★ THE COMMUNITY CENTER FOR THE
★ PERFORMING ARTS PROUDLY WELCOMES:
★

★ SATURDAY NOV 26th ★

FEATURING
ANNA GILBERT
BAJUANA TEA
FIVEBYFIVE
BETTY & THE BOY
SHE'S NOT DEAD
AND
OLIVIA LANGLEY

**GRRRLZ
ROCK
2011**

DOORS 5:30 PM ★ SHOWTIME 6:00 PM
\$10 AT THE DOOR OR FREE WITH A VIP PASS

**IMMORTAL
TECHNIQUE**

★ TUESDAY NOV 29th ★

WITH SPECIAL GUESTS
CHINO XL
DA CIRCLE
DJ GI JOE

DOORS 8:00 PM
SHOWTIME 9:00
\$18 ADV. \$30 DOOR

LATYRX

LYRICS BORN +
LATEEF THE TRUTHSPEAKER

★ THURSDAY DEC 1st ★

DOORS 8:00 PM, SHOWTIME 9:00 • TICKETS \$13 ADVANCE, \$15 DOOR

THE ROBINSON BROTHERS

★ FRIDAY DEC 2nd ★

DOORS 8:00 PM
SHOWTIME 9:00
TICKETS \$15 ADVANCE
\$17 DOOR

**HOW THE GROUCH
STOLE
CHRISTMAS**

★ THURSDAY DEC 8th ★

PERFORMING LIVE
Z & G & E
ZION-I • THE GROUCH • ELIGH
EVIDENCE
OF DILATED PEOPLES
DJ FRESH

DOORS 8:00 PM, SHOWTIME 9:00 • TICKETS \$20 ADVANCE, \$25 DOOR

**WOW HALL
MEMBERSHIP
PARTY**

Featuring Entertainment By:
The Klezmonauts
Year of the Rabbit
Blue Duo
Samuel Ferris Harmon

★ SATURDAY DEC. 10th ★

Plus Food and Beverages donated by
Eugene's Best Restaurants & Suppliers
Doors 7:00 pm • Free to members
For guests of members, membership available at the door \$15 at home.

8th & LINCOLN ★ 687-2746 ★ TICKETS: CD WORLD, CD GAME EXCHANGE, HOUSE OF RECORDS, UO TICKET OFFICE, TICKETWEB.COM, WOW HALL BOX OFFICE ★ WOWHALL.ORG ★ ALL AGES