Listings

Saturday, Sept. 15
A Fitness Fair will be held at the Cambridge YWCA, 7 Temple St., in Central Sq. Included are lecture/demonstrations of Dance for Aerobics and a fitness test to find out how your rate physically with other people of same age and sex across the country. $3/ members, $3.50/others. For more information, call 491-6050.

Monday, Sept. 17
Stepfamily Couples Group, a support group focusing on the major issues facing remarried couples, will meet from 8 to 9:30 pm at the Riverside Family Institute, 259 Walnut Street, Room 14, Newtonville. The group will meet weekly for twelve weeks. For more information, contact Pat Williams at 964-6933.

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Life in stepfamilies is the topic of a free lecture to be given by Leigh Gray, a family therapist at Riverside Family Counseling. Ms. Gray will discuss the three stages of stepfamilies typically experience as they grow toward mutual affection and support. The lecture will be held at 7 pm at the Riverside Family Institute, 259 Walnut Street, Room 14, Newtonville.

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Bilingual Rape Prevention. Taught in Spanish and English. Non-reimbursable approach to self-defense. Classes held at the Bodyworks Gym for women, 55 River St., Cambridge. Sponsored by the Cambridge YWCA. Classes will be held from 6 to 8 pm for 4 consecutive Mondays. Cost: $30. For more information, call 491-6050.

Thursday, Sept. 20
A seminar on financial planning and management will be held at the Cambridge YWCA, 7 Temple St., from 7 to 8:30 pm. Includes determining investment objectives, tax saving strategies, and determining investment objectives. Cost: $5. For more information, call 491-6050.

Saturday, Sept. 22
"Sexual Harassment: What Women Need to Know", a workshop dealing with myths and stereotypes of sexual harassment in the workplace, will be held at the Cambridge YWCA, 7 Temple St., from 10 am to 2 pm. Cost: $15. For more information, call 491-6050.

Monday, Sept. 24
"The 3 E's: Eating, Emotions and Exercise", a free group that explores food disrupt physical and emotional well-being, will be held at the Cambridge YWCA, 7 Temple St., at 7 pm. $4/members, $5/others. For more information, call 491-6050.

Monday, Oct. 1
Beth Israel Hospital's Quit Smoking Program helps participants master the art of controlling the urge through hypnosis, relaxation techniques, and the use of new Nicorette gum. New groups begin. For more information, call 735-3154.

Wednesday, Oct. 10
Beth Israel Hospital's Quit Smoking Program helps participants master the art of controlling the urge through hypnosis, relaxation techniques, and the use of new Nicorette gum. New groups begin. For more information, call 735-4735.

Monday, Oct. 22
Beth Israel Hospital is offering a new therapy group for women who have been sexually assaulted. The session will begin at 6 pm and will meet weekly. For more information call 735-4735.