


# Wellness Schedule

# APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy Spring Break All Week!	2 8:30 AM - 11:00 AM: Wellness Coach Office Hours with Jeanette	3	4	5
8 Total Solar Eclipse	9 9:30 AM - 4:00 PM: Wellness Coach Office Hours with Jeanette  4:00 PM Wellness Walk	10	11 12:00 PM – 12:20 PM: Virtual Presentation: Sleep Smart Join <a href="#">HERE</a>	12
15 <b>JOIN ACTIVE for Life! Starts today!</b>	16 9:30 AM - 4:00 PM: Wellness Coach Office Hours with Jeanette  4:00 PM: Wellness Walk	17 4:00 PM – 4:10 PM: Virtual Presentation: 10 Eating Habits to Feel Great! Join <a href="#">HERE</a>	18	19
22	23 9:30 AM- 4:00 PM: Wellness Coach Office Hours with Jeanette  4:00PM Wellness Walk	24	25	26
29 <b>ACTIVE for Life continues through May 12<sup>th</sup>!!</b>	30 9:30 AM - 4:00 PM Wellness Coach Office Hours with Jeanette  4:00 PM Wellness Walk			

## CLASS DESCRIPTIONS

**Wellness Coach Office Hours**  
Stop by NACS Health & Wellness Center to check-in with a Wellness Coach. Or reach out to [jeanette.roberts@parkview.com](mailto:jeanette.roberts@parkview.com) or 419-630-2114 anytime.

**Wellness Walk**  
Tuesdays at 4pm  
Spring into Action with a Walk starting at the NACS Clinic.  
All fitness levels and walking paces welcome!

### ACTIVE for Life! April 15- May 12

Set your own goal for minutes of physical activity. Meet your goal in 4 weeks, **FEEL GREAT** and be in a drawing for a multicolor pot of flowers! See attachment in email or see NACS clinic board for a physical activity log.