

Wellness Schedule

May

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Food Labels 101: 10:00-10:15 Body Weight Exercises: 11:30-11:50	2 Full Body Stretch: 10:00-10:20
5 Pickleball Boost Stretches: 11:00-11:15	6 Calm Meditation: 9:00-9:20	7	8 Body Weight Exercises: 11:30-11:50 SunSense: 11:30-11:45	9 Full Body Stretch: 10:00-10:20 Meal Prep: Salad in a Mason Jar: 12:00-12:15
12 Carbohydrates: The Basics: 12:00-12:10	13 Calm Meditation: 9:00-9:20 Life Stage Financial Planning: 12:00-12:30	14 Celebrate National Mediterranean Diet Month!: 9:30-9:45	15 Body Weight Exercises: 11:30-11:50	16 Pickleball Boost Stretches: 10:00-10:15 Full Body Stretch: 10:00-10:20 Make the Most of your GLP-1: 12:00-12:15
19 Food Labels 101: 2:00-2:15	20 Calm Meditation: 9:00-9:20	21 SunSense: 4:40-4:45 Advance Care Planning Discussion Group: 5:30-6:30	22 Body Weight Exercises: 11:30-11:50 Carbohydrates: The Basics: 4:00-4:10	23 Full Body Stretch: 10:00-10:20
26 Memorial Day	27 Calm Meditation: 9:00-9:20 Celebrate National Mediterranean Diet Month!: 11:45-12:00 Find Your Why: 1:00-1:30	28	29 Body Weight Exercises: 11:30-11:50 Keys to Switch Up Strength Training: 1:30-1:45	30 Full Body Stretch: 10:00-10:20

CLASS DESCRIPTIONS

Sign into your wellness portal using the username and password that you created or choose "Sign-Up" to create an account.

This is how you sign-up for all events listed above.

Live Well-Being Classes

If you've been looking for ways to improve your physical health, sign-up for one of these LIVE virtual classes. Ranges from 15-20 minutes. Sign-Up for these events and fill out the required waiver in your wellness portal!

In-Person Classes

These classes are offered in person only. Please arrive with adequate time to join the group prior to the start of class time. Sign-Up for these events in your wellness portal!

Presentations/Programs

Check out your wellness portal for class descriptions and to sign-up for these events!

Presentations/Programs listed in orange are presented by a Registered Dietitian Nutritionist (RDN).



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