

# ONGOING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"><li>• STEPS TO WELLNESS: 10:00-11:30AM</li><li>• GENTLE MOVEMENT 5:00-6:00PM</li><li>• DIABETES SUPPORT GROUP- FIRST MONDAY OF EACH MONTH: 6:00-7:00PM</li></ul>	<ul style="list-style-type: none"><li>• MINDFULNESS &amp; MEDITATION: 3:00-4:00PM</li></ul>	<ul style="list-style-type: none"><li>• MOVEMENT AND HEALTH: 10:00-11:00AM</li></ul>	<ul style="list-style-type: none"><li>• STEPS TO WELLNESS: 4:00-5:30PM</li></ul>

# JOIN US FOR OUR ONGOING CLASSES!

## STEPS TO WELLNESS

CLASSES INCLUDE SKILL BUILDING ON STRESS MANAGEMENT, SLEEP, HEALTHY EATING, MEDICATIONS AND SUPPLEMENTS, AND PHYSICAL ACTIVITY. AN INVESTIGATION OF HOW THE BRAIN WORKS AND THE NEWEST RESEARCH ON GOAL SETTING. A GOOD CLASS FOR PEOPLE WHO WANT HELP WITH STRESS MANAGEMENT.

## MINDFULNESS AND MEDITATION

THIS CLASS GUIDES PARTICIPANTS THROUGH THE FUNDAMENTALS OF MINDFULNESS AND TEACHES ESSENTIAL TECHNIQUES SUCH AS BREATHING EXERCISES, GRATITUDE, POSITIVE SELF-TALK, SAVORING AND MEDITATION. THIS CLASS CREATES A SUPPORTIVE ENVIRONMENT FOR SETTING GOALS, ACTION PLANS, AND SHARES VALUABLE INSIGHTS ON MINDFULNESS AND MEDITATION PRACTICES. THE CLASS THEN ENGAGES IN A MEDITATION SESSION, OFFERING MOMENTS OF RELAXATION AND REFLECTION.

## MOVEMENT AND HEALTH

A DYNAMIC CLASS TO HELP DISCOVER THE TRANSFORMATIVE BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE ON OUR WELL-BEING. GAIN VALUABLE INSIGHTS INTO EXERCISE TECHNIQUES, THEN PRACTICE IN CLASS AND RECEIVE GUIDANCE ON SETTING GOALS AND CREATING ACTION PLANS TO ACHIEVE YOUR FITNESS ASPIRATIONS. BE READY TO WORK OUT WITH US!

## GENTLE MOVEMENT

THIS CLASS IS DESIGNED TO HELP YOU UNWIND AND RECHARGE THROUGH EASY, CALMING EXERCISES THAT PROMOTE RELAXATION AND MINDFULNESS. WITH A FOCUS ON GENTLE STRETCHES AND SOOTHING MOVEMENTS, YOU'LL LEAVE FEELING REFRESHED, BALANCED, AND MORE CONNECTED TO YOUR BODY. PERFECT FOR ALL FITNESS LEVELS, THIS CLASS OFFERS A PEACEFUL WAY TO RELEASE STRESS AND RESTORE YOUR ENERGY.

## DIABETES SUPPORT GROUP

PROVIDES A SUPPORTIVE ENVIRONMENT WHERE INDIVIDUALS WITH DIABETES CAN RECEIVE UP TO DATE EDUCATION ON LONG-TERM DIABETES MANAGEMENT. THIS IS A GREAT CLASS FOR FOLKS WHO HAVE COMPLETED OUR DSME CLASS AND SEEK A SUPPORTIVE SPACE FOR CHECK-INS AND ONGOING SUPPORT. THIS CLASS OFFERS A VALUABLE OPPORTUNITY FOR GROWTH AND EMPOWERMENT IN MANAGING DIABETES EFFECTIVELY.