

Wellbeing Week

September 17-21 Register & Win Prizes!!



MONDAY
September 17

Free Group Exercise Classes

5:00 a.m. - 10:00 p.m.
Hastings Family YMCA
Physical Wellbeing

Flexing Your Resiliency Muscle

12:00 - 12:30 p.m.
Mary Lanning Healthcare
Emotional Wellbeing

Yoga

5:30 - 6:00 p.m.
SASA Crisis Center
Physical Wellbeing

Taekwondo

Ages 7 - Adult
6:00 - 7:00 p.m.
South Central Taekwondo
Physical Wellbeing

TUESDAY
September 18

Free Group Exercise Classes

5:00 a.m. - 10:00 p.m.
Hastings Family YMCA
Physical Wellbeing

Tai Chi

9:45 - 10:45 a.m.
South Central Taekwondo
Physical Wellbeing

Longevity Planning

10:00 - 11:30 a.m.
Raymond James Financial Services
Financial Wellbeing

Vitamin D: More than Sunshine

11:30 a.m. - 12:00 p.m.
Mary Lanning Healthcare
Physical Wellbeing

Balance & Mobility Screening

1:00 - 5:00 p.m.
Hastings Physical Therapy
Physical Wellbeing

Longevity Planning

2:00 - 3:30 p.m.
Raymond James Financial Services
Financial Wellbeing

Taekwondo

Ages 7 - Adult
6:00 - 7:00 p.m.
South Central Taekwondo
Physical Wellbeing

Family Fitness

6:45 - 7:30 p.m.
Hastings Family YMCA
Physical Wellbeing

WEDNESDAY
September 19

Free Group Exercise Classes

5:00 a.m. - 10:00 p.m.
Hastings Family YMCA
Physical Wellbeing

Medicine The Way It Used To Be: Direct Pay Healthcare

12:00 - 1:00 p.m.
Golden Rule Skin Clinic
Physical Wellbeing

"Because I Said So!"

Parenting Skills - Teens
12:00 - 12:30 p.m.
Mary Lanning Healthcare
Emotional Wellbeing

Better In Bed — Tips for Better Sleep

12:00 - 12:30 p.m.
Mary Lanning Healthcare
Emotional & Physical Wellbeing

Volunteer with United Way

3:00 - 5:00 p.m.
United Way
Community & Environmental Wellbeing

"Because I Said So!"

Parenting Skills - Kids
5:30 - 6:00 p.m.
Mary Lanning Healthcare
Emotional Wellbeing

Stress Getting the BEST of You?

5:30 - 7:30 p.m. Reservations Needed
Redline Specialty Pharmacy
Emotional Wellbeing

Yoga

6:45 - 7:50 p.m.
SASA Crisis Center
Physical Wellbeing

Self Defense

Ages 13 - Adult
6:00 - 8:00 p.m. Reservations Needed
South Central Taekwondo
Physical Wellbeing

THURSDAY
September 20

Tai Chi

9:45 - 10:45 a.m.
South Central Taekwondo
Physical Wellbeing

Balance & Mobility Screening

1:00 - 5:00 p.m.
Hastings Physical Therapy
Physical Wellbeing

Little Dragons

Ages 4 - 6
5:00 - 6:00 p.m.
South Central Taekwondo
Physical Wellbeing

Tai Chi

6:00 - 7:00 p.m.
South Central Taekwondo
Physical Wellbeing



Attend at least three activities, have your card signed and be entered to win Chamber Dollars and other prizes! Cards available at all activities. See back for activity description.

