



MOVE FOR HEALTH

JANUARY **FREE** WORKSHOPS

All workshops will be hosted on ZOOM.

Registration is required. Register today:

<http://bit.ly/YMCAJAN2021WORKSHOPS>

STRETCHING FOR LIFE

Monday January 11, 2021 | 1:00PM – 2:30PM

Speaker: Katelyn Corke R. Kin

Do you value your flexibility and mobility? Do you understand why it's important to stretch before and after activity? Join us to learn the different types of stretches, why they're beneficial and how to adapt and practice them safely. This is a practical workshop providing an opportunity to practice some common and not so common stretches that may help to keep you more fluid and able to complete your day to day activities with more ease.

MINDFULNESS MINI-SERIES

Tuesdays January 12 – February 16, 2021 | 11:45AM – 12:15PM

Speaker: Meagan Meade R.Kin

Explore the principles and benefits of mindfulness and meditation practices while learning how they relate to our everyday lives. In each session of this mini-series, you will have the opportunity to participate in a short mindfulness practice.

OSTEOARTHRITIS & EXERCISE

Wednesday January 20, 2021 | 6:30PM – 8:00PM

Speaker: Dave Patterson R.Kin

Do you have arthritis? Pain, stiffness and questions? Join us for this workshop to discuss osteoarthritis and the role of exercise in arthritis management. Includes tips on what to do, and how to get started with exercise at home.

BRAIN HEALTH AND THE EXERCISE CONNECTION

Monday January 25, 2021 | 9:00AM – 10:30AM

Speaker: Katelyn Corke R. Kin

Special Guest: Dr. Laura Middleton

Curious as to how working your body can affect your brain health? Join us to understand the latest research on how physical activity and exercise can impact your brain health. After we learn, we then put the information into motion and get active to boost our brain.