



MOVE FOR HEALTH FREE WORKSHOPS

All workshops will be hosted on ZOOM.

Registration is required. Register today:

http://bit.ly/YMCAWORKSHOPS_SEPTOCT2020

RESISTANCE BAND 101

Monday October 5, 2020 | 9:00AM – 10:00AM

Speaker: Katelyn Corke R.Kin

Looking for more guidance on how to use your resistance band effectively? Attend this workshop to learn how to safely use a resistance band for strength training at home. Leave with tips, tricks, and cues to feel confident executing various exercises. To get the most out of it please have a stable chair, an area free of tripping hazards, and your resistance band.

MINDFULNESS

Tuesday October 13, 2020 | 9:00AM – 10:00AM

Speaker: Meagan Meade, R.Kin

Are you interested in learning more about mindfulness? Attend this workshop to explore what mindfulness is, learn why more people are adopting mindfulness practices, and how you can incorporate mindfulness into your life.

OSTEOARTHRITIS & EXERCISE

Monday October 19, 2020 | 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.

STRETCHING FOR LIFE

Monday October 26, 2020 | 6:30PM – 8:00PM

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.