



MOVE FOR HEALTH FEBRUARY **FREE** WORKSHOPS

All workshops will be hosted on ZOOM.

Registration is required. Register today:

<http://bit.ly/YMCAFEB2021WORKSHOPS>

POSTURE

Monday February 1, 2021 | 11:30AM – 1:00PM

Speaker: Meagan Meade R.Kin

Get a fresh perspective on how your posture can affect your health. Attend this workshop to gain insight into what posture is, how it affects us and take away some practical tips, tricks and exercises to support beneficial postural positions. To get the most out of this workshop have a broomstick, open wall space to stand against and a stable chair ready.

SHOULDER PAIN: ANATOMY, INTERVENTIONS, EXERCISE

Monday February 8, 2021 | 6:30PM – 8:00PM

Speaker: Dave Patterson R.Kin

Shoulder issues can range from bothersome to quite painful and debilitating. What are the most common injuries of the shoulder and how do we treat them? Come learn about common shoulder issues and the types of exercises and interventions that are appropriate for each.

INTRODUCTION TO YOGA

Wednesday February 10, 2021 | 10:00AM – 11:30AM

Speaker: Anne Cadoret, YMCA Personal Trainer, 200 Hour Yoga Training

Interested in trying yoga but unsure where to start? Join Anne to learn yoga basics, including common yoga terms and postures. Breathing techniques and warm-up yoga movements will also be discussed. If you would like to participate in the yoga demonstration, please wear comfortable clothing and have a yoga mat (or non slip surface) on hand.

STRENGTH TRAINING FOR BEGINNERS

Thursday February 18, 2021 | 9:00AM – 10:30AM

Speaker: Meagan Meade R.Kin

Ready to invest in an often neglected part of personal fitness? Come learn the basics of strength training, as well as how you can get started with a safe and effective routine at home. If you would like to participate in exercise demonstrations please bring hand weights, and ensure you have a stable chair.

STRENGTH TRAINING FOR OLDER ADULTS

Tuesday February 23, 2021 | 6:30PM – 8:00PM

Speaker: Katelyn Corke R.Kin

Have you wanted to strength train but have some health concerns that might be holding you back? Join us in this interactive webinar as we build your knowledge around what exercises can be done safely and effectively with various health conditions such as osteoarthritis, osteoporosis and knee and hip replacements.