

MAY 2024

LIVING WELL AT HOME CLASSES

Visit point32health.org/livingwellathome for links to access to these free sessions.

MON	TUE	WED	THU	FRI
		01	02	03
		8:30am Mindfulness 1:00pm Meet Dr. Amishi Jha, author of Peak Mind 5:15pm Yoga	7:30am Strength 8:30am Mindfulness 1:00pm ABC's of stretching 5:15pm Zumba	
06	07	08	09	10
5:15pm Yoga	7:30am Strength 8:30am Mindfulness 5:15pm Zumba	8:30am Mindfulness 1:00pm Healthy Eating as a Habit 5:15pm Yoga	7:30am Strength 8:30am Mindfulness 1:00pm ABC's of stretching 5:15pm Zumba	
13	14	15	16	17
5:15pm Yoga	7:30am Strength 8:30am Mindfulness 5:15pm Zumba	8:30am Mindfulness 10:00am Peak Mind: Impact & Practice 1:00pm Work and Family Balance 5:15pm Yoga	7:30am Strength 8:30am Mindfulness 1:00pm ABC's of stretching 5:15pm Zumba	
20	21	22	23	24
5:15pm Yoga	7:30am Strength 8:30am Mindfulness 5:15pm Zumba	8:30am Mindfulness 1:00pm Take a Deep Breath 5:15pm Yoga	7:30am Strength 8:30am Mindfulness 1:00pm ABC's of stretching 5:15pm Zumba	
27	28	29	30	31
5:15pm Yoga	7:30am Strength 8:30am Mindfulness 5:15pm Zumba	8:30am Mindfulness 1:00pm Healthy Sleep Habits 5:15pm Yoga	7:30am Strength 8:30am Mindfulness 1:00pm ABC's of stretching 5:15pm Zumba	