

April 2020 Fairview Ways to Wellness Virtual Events

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
9:00 am Cardio Core Blast with Rachel 10:00 am Facebook Live with Chef Jeremy 10:15 am Mind-Body Skills with Justin 1:15pm Mindfulness Break Facebook Live with Justin 2:00pm Nutrition: Filling up with Fiber with Megan 6:00 pm Ultimate Push Pull Workout with Renee	9:00 am Stress Reducing Hip Stretches Facebook Live with Rachel 10 am-12pm Food Rx with Jeremy and Brenda 12:00pm Mindfulness Break Facebook Live with Justin 4:00pm Basics of Anti-Inflammatory Nutrition Part 3 with Megan 4:15pm Full Body Kettlebell Challenge with Renee	9:00am Mindfulness Break Facebook Live with Justin 10:00 am Supplements Facebook Live with Rachel and Brenda 11:00am Foundations of Healthy Living with Megan 12:00 pm Bodyweight Strength-Cardio Circuit with Justin 4:15pm Barre Burn with Maddie 4:00pm Stir Crazy for Stir Fry with Chef Angela	10:00am Nutrition to Improve Cholesterol with Megan 10:00am Mindfulness Break Facebook Live with Justin 11:00am Honing your Knife skills with Chef Jeremy 12:00 pm Calming Meditation with Justin 4:15 pm Lower Body Supersets with Renee 4:30 pm Chair Yoga with Rachel	7:30 am Tabata HIIT Friday with Renee 9:00am Tension Taming Neck and Shoulder stretches Facebook Live with Rachel 10:00 am Meditation on Facebook Live with with Justin 10:15 am Restorative Yoga with Rachel 11:00am Winner Winner Chicken Dinner with Chef Jeremy 12:30pm Mindfulness Break Facebook Live with Justin 2:00pm Sustainable Lifestyle Series: Edible Landscape Design (not a cooking class) with Chef Angela

WAYS TO WELLNESS VIRTUAL CLASS OFFERINGS

Join us from anywhere

Ways to Wellness is dedicated to bringing you wellness opportunities wherever you may be.

These classes are Free of charge, thanks to our sponsorship from the Fairview Foundation.

Visit www.discoverW2W.org/calendar to view and register for classes. View our Facebook Live videos by following us on Facebook @fairviewwaystowellness

Virtual Classes are done via Zoom. To prepare, download Zoom to your phone or computer.