

VETERANS HEALTH & WELLNESS INITIATIVE

WHAT: *FREE CHAIR YOGA* classes, with health talks specific to enhanced health & wellness kicking off each class, are coming soon with pre- and post-fitness assessments for individuals participating in these classes.

WHERE: 1407 Independence Avenue in Waterloo.

Pinecrest building; Room 201 (the Chapel)

DAYS/TIME: T and TH; NOON-1 P.M.

DURATION: SEPTEMBER 2018 – MAY 2019

INTRO SESSION: SEPTEMBER 4, 2018

CLASSES BEGIN: SEPTEMBER 11, 2018

FOR WHO: If you are a Veteran, or have ties to a Veteran, you are eligible. If you are interested in enhancing your health and wellness...all the more reason to stop by and give it a try! There are NO RESTRICTIONS, and there are a host of benefits (e.g. mental clarity, stress reduction, enhanced lung function, strength, flexibility, balance, and much more). *Still not sure?* Attend the INTRO SESSION on SEPTEMBER 4th to decide. You have served, and we look forward to serving YOU!

Even if you opt out of the classes, you are eligible for the *FREE resource bag* with a *Healthy Rewards DVD 3-pak* to be found inside! You can pick up a bag at the Veteran Affairs office any time after SEPTEMBER 11th for the purpose of becoming more active right in the privacy of your own home!

For more information, call Nikki Carrion (319-404-4219) from FitXpress or Stacy Albus (319-291-2512) from Black Hawk County Veterans Affairs.

***Made possible by the GUERNSEY CHARITABLE FOUNDATION in partnership with:**



Dates of Class:

September 4 (introduction), 11, 13, 18, 20, 25, 27

October 2, 4, 9, 11, 16, 18, 23, 25, 30

November 1, 6, 8, 13, 15, 20, 27, 29

December 4, 6, 11, 13, 18, 20

January 8, 10, 15, 17, 22, 24, 29, 31

February 5, 7, 12, 14, 19, 21, 26, 28

March 5, 7, 12, 14, 26, 28

April 2, 4, 9, 11, 16, 18, 23, 25, 30

May 2, 7, 8