

Wellness Class Schedule

July- September 2026

Integrative Exercise Series (60 points- 20 points each)

Join us for a three-part series on integrative exercise attuned your unique work environment! We will be hosting a licensed Physical Therapist to present on exercise in the context of our Children's, Adult's, and Administrative Departments. No matter your department, you are welcome to participate. Keep an eye on your Lakemary email- dates, times, and locations are to be determined.

Children's Department

Details will be released via Lakemary email, once available.

Adult's Department

Details will be released via Lakemary email, once available.

Administrative Department

Details will be released via Lakemary email, once available.

July Third Thursday- How to Practice Gratitude (20 points)

Gratitude is a cornerstone of mental and physical wellness. Yes, actually! Join us for a presentation on How to Practice Gratitude. Learn what gratitude is and how practicing it can improve your personal health outcomes and lower risk of chronic disease.

Virtual

July 16th at 12:00pm- See Lakemary email for link to join.

August Third Thursday- How to Properly Hydrate (20 points)

Hydration goes beyond drinking water. Learn about the importance of electrolytes and their impact on systemic hydration. Discuss practical ways to improve and maintain proper hydration in the hot summer months.

Virtual

August 20th at 12:00pm- See Lakemary email for link to join.

*There will be no Third Thursday presentation in September due to Employee Appreciation Week.