

Wellness Class Schedule

October- December 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.

Part I: Administrative Department

Admin Large Conference Room (Paola) | Monday, November 2nd | 12:00-12:45pm

Part II: Children's Department

Ursa Large Conference Room (Paola) | Wednesday, November 11th | 11:00-11:45am

Part III: Adult's Department

Ursa Large Conference Room (Paola) | Wednesday, November 18th | 1:00-1:45pm

**Recordings available upon request.*

**Attendees will be entered into a drawing for select exercise equipment as discussed in each class- includes virtual and in-person attendees.*

October Third Thursday- How to Eat Healthy When you Have ZERO Time (20 points)

Learn strategies for how to eat healthy in a time crunch- preparing foods in advance and eating convenience/fast foods (choosing the best of the worst options). This 3rd Thursday will focus on application of principles rather than explanation of health impact.

Virtual

October 15th at 12:00pm- See Lakemary email for link to join.

November Third Thursday- How to Leave Work Stress at Work (20 points)

Learn effective strategies to leave the stresses you face at work where they belong- at work. Don't take it home with you. Instead, learn to leave your stress at the door and make improvements in your life outside of work.

Virtual

November 19th at 12:00pm- See Lakemary email for link to join.

December Third Thursday- How to Eat Locally Grown Foods (20 points)

Learn about community supported agriculture and how eating locally grown foods improves your health. Featuring a guest speaker, Emily with Fruitful Hills CSA. You will have the opportunity to ask questions about farming practices, produce quality, and how to sign up.

Virtual

December 17th at 12:00pm- See Lakemary email for link to join.