

# Health & Wellness

BROUGHT BY:  
**SL&L**



## **Monday Meditation - Instagram LIVE**

Date: 1/30 - 5/1 at 6:00 PM

## **Tuesday Zumba - The Gym**

Date: 2/7 - 4/18 at 12 Noon

## **Wednesday Yoga - Instagram LIVE**

Date: 2/1 - 3/22 at 2:00 PM

## **Thursday Stretching - Instagram LIVE**

Date: 2/2 - 3/23 at 9:30 AM

