

Transform Your Life

HEALTH & WELLNESS FAIR

SATURDAY, JULY 16

9:00 am - 12:00 pm

Quinta Mazatlan

| | Grand Hall | Art Gallery | Courtyard | Oak Tree Area | North Lawn | Children's Activities | Quinta Mazatlan Trails |
|------------------|--|---|---|--|---|--|---|
| 9:00 - 9:25 am | | Stretching Exercises for Seniors, presented by South Texas Health System Rehabilitation Services | Stroller Strides, presented by Fit4Mom | Tai Chi-Inspired Workout, presented by South Texas Health System Rehabilitation Services | Barre Pilates, presented by My Body Pilates Studio with Tanya Swayze Miller | | Guided Trail Hike, led by Quinta Mazatlan |
| 9:30 - 9:55 am | Breakfast/Brunch Made Healthy!, presented by South Texas Health System McAllen Dietary Department | | Zumba, presented by South Texas Health System Rehabilitation Services | Vinyasna Yoga, presented by Yoga House RGV | Pilates Mat, My Body Pilates Studio with Tanya Swayze Miller | | |
| 10:00 - 10:25 am | | Resistance Band Workout for Seniors, presented by South Texas Health System Rehabilitation Services | | Full Body Conditioning, presented by The Figure Salon Fitness | Body Boost, presented by Fit4Mom | | Guided Trail Hike, led by Quinta Mazatlan |
| 10:30 - 10:55 am | Quick & Easy Lunch Ideas, presented by South Texas Health System McAllen Dietary Department | | | Shadow Boxing for Adults, presented by FIT Boxing Club | Good Vibrations: Sound Bath Meditation, presented by Yoga House RGV | | |
| 11:00 - 11:25 am | | Chair Exercises for Seniors, presented by South Texas Health System Rehabilitation Services | | Body Boost, presented by Fit4Mom | Leg Burn, presented by The Figure Salon Fitness | Shadow Boxing for Children, presented by FIT Boxing Club | Guided Trail Hike, led by Quinta Mazatlan |
| 11:30 - 12:00 pm | Winner, Winner, Healthy Dinner!, presented by South Texas Health System McAllen Dietary Department | | | | | Rock Painting 101, presented by Sophia Alton & South Texas Health System Rehabilitation Services | |
| All Day | | | | | | | |

° Subject to change

