

# Transform Your Life

## HEALTH & WELLNESS FAIR

	GRAND HALL	ART GALLERY	OAK TREE AREA	NORTH LAWN	DISCOVERY CENTER	FRONT LAWN	QM GUIDED TRAILS
	COOKING DEMOS/ PRESENTATIONS	SPEAKER SERIES	KIDS EXERCISES	ZUMBA/ DANCE	OTHER MISC.	MEDITATION	
9:00 - 9:25 A.M.	Easy Breakfast presented by <b>STHS McAllen Dietary Department</b>	Body Scan Medita- tion for Adults presented by <b>STHS Clinics Mental Wellbeing</b>	Easy Stretches for Kids presented by <b>STHS STHS Reha- bilitation Services</b>	Zumba presented by <b>Hidalgo County Pct. 4 Endowment Com- munity Center</b>		Bubble Exercises presented by <b>STHS Behavioral</b>	
9:30 - 9:55 A.M.	Little Chefs Cooking presented by <b>Boys &amp; Girls Club of McAllen</b>	Easy Stretching for Adults presented by <b>STHS Rehabilitation Services</b>	Bubble Exercises presented by <b>STHS Behavioral</b>	Yoga presented by <b>Hidalgo County Pct. 4 Endowment Com- munity Center</b>		HIIT Workout for Adults presented by <b>Anytime Fitness- Mission</b>	
10:00 - 10:25 A.M.	Easy Lunch presented by <b>STHS McAllen Dietary Department</b>	Mindfulness for Kids presented by <b>STHS Clinics Mental Wellbeing</b>	Simple Exercises for Kids presented by <b>Boys &amp; Girls Club of McAllen</b>		Basketball Drills presented by <b>Supremecy Basket- ball Academy</b>	Tai Chi presented by <b>STHS Rehabilitation Services</b>	
10:30 - 10:55 A.M.	Healthy Summer Recipes presented by <b>Mayra Olivarez, MS, RDN, LD, STHS Clinics</b>		Soccer Drills presented by <b>STHS Children's</b>	Hatha Yoga present- ed by <b>Yoga House RGV</b>	Just Dance presented by <b>Boys &amp; Girls Club of McAllen</b>		Forest Bathing Walk presented by <b>Quinta Mazatlan</b>
11:00 - 11:25 A.M.	Easy Dinner presented by <b>STHS McAllen Dietary Department</b>			Vinyasa Yoga presented by <b>Yoga House RGV</b>	Coping Strategies for Children Activity presented by <b>STHS Clinics Mental Wellbeing</b>	Embodied Yoga presented by <b>Colibri Discoveries</b>	
11:30 - 11:55 A.M.	Weight Loss Surgery Presentation presented by <b>Dr. Luis Reyes, STHS Weight Loss Surgery Center</b>			Power Yoga present- ed by <b>Yoga House RGV</b>		Sound Bath presented by <b>Colibri Discoveries</b>	