

Transform Your Life

HEALTH & WELLNESS FAIR

	GUIDED WALKS	PAVILION AREA	AMPHITHEATRE	TENNIS COURTS	BASKETBALL COURTS
9:00 - 9:25 A.M.	Fun Walk & Talk presented by STHS Rehabilitation Services	Understanding Alzheimer's Disease presented by South Texas Research Institute	Vinyasa Yoga presented by Yoga House RGV	Pickleball 101	
9:30 - 9:55 A.M.	Easy Stretches on the Trail presented by STHS Rehabilitation Services	Understanding Liver Disease presented by South Texas Research Institute	Strides 360 presented by FIT4MOM	Pickleball 101	
10:00 - 10:25 A.M.	Heart & Soles Walk presented by Prominence Health	Healthy Summer Salad Recipes presented by Mayra Olivarez, STHS Clinics	Dance Fitness presented by Tu Salud Si Cuenta! Pct.4	Pickleball 101	Injury Prevention Techniques presented by STHS Rehabilitation Services
10:30 - 10:55 A.M.		Healthy Summer Salad Recipes presented by Mayra Olivarez, STHS Clinics	Mindful Breathing Techniques presented by STHS Behavioral	Pickleball 101	Intro to Basic Ninja Skills presented by Outlaw Ninjas
11:00 - 11:25 A.M.	Easy Interval Training Ideas presented by STHS Rehabilitation Services	Stop the Bleed Crash Course presented by STHS Trauma & Chest Pain Programs	Pilates Tone presented by Elevate Pilates	Pickleball 101	
11:30 - 12:00 P.M.	Easy Interval Training Ideas presented by STHS Rehabilitation Services	Overcoming Sugar & Carb Addiction presented by Breaking Free	Self Defense Class presented by Pilates Protection Program	Pickleball 101	Back Stretches You Can Do at the Park! presented by STHS Rehabilitation Services