

Transform Your Life

HEALTH & WELLNESS FAIR

	PAVILLION	AMPITHEATRE	LAWN	BASKETBALL COURTS	TENNIS COURTS	GUIDED WALKS
9:15 - 9:45 A.M.	Healthy Eating Tips, presented by STHS Dietary Director, Patrick Woodin	Stretching Toward Wellness, presented by STHS Rehabilitation Services	Gentle Flow Yoga, presented by Colibri Discoveries		Fit Through Pickleball, Presented by Team DRC	
9:30 - 10:15 A.M.						Heart & Soles Guided Walk, Presented by Prominence Health
10:00 - 10:30 A.M.	Healthy Choices, Healthier You, presented by Unidos Contra la Diabetes	Sound Bath Meditation, presented by Colibri Discoveries	Resistance Training for Wellness, presented by STHS Rehabilitation Services	Move, Play, Thrive: Exercise Through Play, Presented by STHS Rehabilitation Services	Fit Through Pickleball, Presented by Team DRC	
10:30 - 11:15 A.M.		Pilates presented by My Body Pilates				Heart & Soles Guided Walk, Presented by Prominence Health
10:45 - 11:15 A.M.	Healthy Eating Tips, presented by STHS Dietary Director, Patrick Woodin	Transcendence: A Dance to Free Emotions, presented by Colibri Discoveries	Build Strength, No Equipment Required: Body Weight Exercises, presented by STHS Rehabilitation Services	Playground Fitness, Presented by STHS Rehabilitation Services	Fit Through Pickleball, Presented by Team DRC	
11:30 A.M. - 12:00 P.M.	Healthy Choices, Healthier You, presented by Unidos Contra la Diabetes		Steady Steps: Balance & Stability Training, presented by STHS Rehabilitation Services		Fit Through Pickleball, Presented by Team DRC	
9:30 - 11:30 A.M.	Mindful Moments: Rock Painting Therapy, presented by STHS Rehabilitation Services					