

LifePoint

Community Health & Wellness Education

January 2012

Mon	Tues	Wed	Thurs	Fri	Sat
2 Happy New Year!	3	4	5	6	7 Don't forget about Saturday Exercise Classes
9	10 <i>wellcare</i> Demonstration Power Yoga 10:00am	11	12	13	14
16 Community Free Day Attend Unlimited WellCare Group Exercise Classes	17	18	19 <i>wellcare</i> Demonstration Aqua Fit 5:30pm	20	21
23	24	25 <i>wellcare</i> Demonstration Zumba Fitness 5:30pm	26	27	28



GENERATION CARE
Your Health. Our Passion.

Physical • Speech • Occupational • Therapy • Wellness

FREE
Education

LifePoint

WellCare Demonstrations

We take great pride in providing current, research-based information in our LifePoint Community Education classes. Your needs come first at Generation Care. Come see how we can help improve YOUR personal wellness and health through education. Take this opportunity to bring your friends and your family to participate in unlimited introduction classes at our new Lincoln St. clinic. All classes will be led by qualified professionals for a minimum of 30 minute sessions. Each month we will offer a different variety of classes and demonstrations.

Check our online calendars for LifePoint & WellCare at www.generationcare.org!



Community FREE Day

Come to any or all classes on this day for "FREE". Bring a friend or two and come experience what we have to offer in Wellness Classes! Check our WellCare schedule for class descriptions.

Zumba Fitness

Dance to Zumba music to tone thighs and core while you improve cardiovascular fitness.

Aqua Fit

Best of both worlds: cardio and toning. Blast fat and sculpt in an interval class setting.

Power Yoga

A mat class designed to increase mind body connections through continuous movement. Yoga poses flow in sequences connected with breath.



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