

# LifePoint

Community Health & Wellness Education

September 2010

Mon	Tues	Wed	Thurs	Fri	Sat
6 <b>LABOR DAY</b> Offices Closed	7	8	9 <i>well</i> care Demonstration Aqualates 9:00am	10	11 <b>Saturday</b> <b>Exercise</b> <b>Classes</b> <b>Start!</b>
13 GRIP Group Starts Today! Join us at 6:30pm	14	15	16	17	18 <b>Community</b> <b>Free Day</b> Attend Unlimited WellCare Group Exercise Classes
20 <i>well</i> care Demonstration Build Better Bones 10:00am	21 <b>Running, Feet,</b> <b>and Shoes</b> Get the scoop! 6:30pm-7:15pm	22	23	24 <i>well</i> care Demonstration Mat Pilates 9:00am	25
27	28 <b>Golf:</b> <b>Prevention,</b> <b>Power,</b> <b>Precision</b> 6:30pm-7:15pm	29	30		<b>FREE</b> <i>Education</i>

**Pre-Registration Required For Our FREE LifePoint Classes!**  
Please call 616.935.3300 to confirm your registration.



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## 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](http://www.generationcare.org)!

### GRIP Group

Mondays at 6:30pm

Get Right In Person: Weight Management Clinic

Need to get a GRIP on your diet and eating?

Tried to lose weight, but couldn't? It's time to join our GRIP group where you will set individual and group goals, discuss wellness topics, and be educated on a healthy lifestyle.

### SportsCare for Parents

*Running, Feet, and Shoes*

&

*Golf: Prevention, Power, Precision*

are therapist lead discussions designed to educate parents, coaches, and athletes on injury prevention, when intervention is necessary, and performance efficiency.

### 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.

9:30am Mat Class

10:30am Aqua Fit

### Mat Pilates

Do you want a long lean look? This class is designed to tone core (abdominal & back) muscles through balance of strength and flexibility. The focus revolves around quality of each movement rather than amount of repetitions.

### Build Better Bones



Designed to increase blood flow and strength to bone tissue. This class will use free weights, bands and exercise equipment. Has been known to tone muscles too!

### Aqualates

Join this fun water cardio class that can increase your heart rate and tone your muscles. This class uses Yoga and Pilates movements. Great for prenatal exercise.