

WEEKLY WELLNESS CLASSES



Broward County Public Schools, Benefits & Employment Services, and Holy Cross Hospital Community Health & Well-Being Department is proud to announce the following Weekly Classes via Zoom:

AM Yoga Stretch and Tone



Beginner class with focus on flexibility and strength. Gentle movements are appropriate for all fitness levels. Great way to start your day! Duration is 30 minutes.

Monday, Wednesday & Friday
9:30am-10:00am

Link to Join:

[zoom.us/meeting/register/tJMpcumorDgrHtNRe7Jblx7Sgae1wi7LnXxE](https://zoom.us/join/joinMeeting?zmid=1234567890)

Mid-day Chair Yoga and Meditation



Take a break from work for 15 minutes. Move a bit, focus your mind and practice breathwork. Appropriate for all levels. Duration is 15 minutes.

Monday, Wednesday & Friday
1:00pm-1:15pm

Link to Join:

[zoom.us/meeting/register/tJUdequqzosGNMYV3vv2Aoo-hFdvXmllerJ](https://zoom.us/join/joinMeeting?zmid=1234567890)

Beginner Yoga and Mindfulness



Beginner yoga and mindfulness requires ability to sit on the floor for a period of time and also to be able to get up and down from the floor. Please have a towel available. Refrain from practicing anything that may be painful. Duration of class is 30 minutes.

Tuesday & Thursday
6:30pm-7:00pm

Link to Join:

[zoom.us/meeting/register/tJ0lc-ytrj0pGd3vheowZOIXyITqzBK5vVmG](https://zoom.us/join/joinMeeting?zmid=1234567890)

These classes will be ongoing throughout the remainder of the school year, however subject to change.



Cathy Whitt,
Community
Wellness
Specialist for
Holy Cross
Hospital
Community
Health &

Well-Being has been in the fitness industry for over 30 years. Certified in Yoga and Pilates, she has been teaching District students and employees in person and via Distance Learning. As a certified Diabetes Prevention Lifestyle Coach, health and wellness is a priority in her life and it is her mission to share her beliefs with the public. Her approach is to make health and wellness personal and fun so it makes adopting healthy habits an easy adjustment.

Physical Activity Disclaimer

We are concerned about your health and safety. Regular physical activity is fun, and healthy and increasingly more people are starting to become more active every day. Beginning Yoga, Chair Yoga and Family Yoga are very safe activities for most people. (Yoga is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back). However, some people should receive medical clearance from their doctors before they begin exercising regularly. By logging on to Zoom to join this program, you are assuming personal responsibility and do not hold Holy Cross Hospital, Broward County Public Schools, Aetna or Cathy Whitt responsible for any injury or discomfort that you may experience.

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