

CHOOSING HEALTH

HEALTH APPS FOR SMART PHONES & TABLETS

Saturday, Jan. 10 • 2–3 p.m.

Many health and wellness apps are available to help you track exercise, lose weight, give first-aid treatment and more. We will look at some popular apps and their uses. Bring your mobile device so you can try out apps during the program.

HULA HOOP PROGRAM

Saturday, Jan. 24 • 2–3 p.m.

Hula hoop dance is so much fun you won't even know you're exercising! Hoop classes focus on a positive group and individual experience that encourages the fun in fitness and helps you stay active and healthy, while having a blast. Fun for the whole family! For all ages.

BEGINNING BELLY DANCE

Saturday, Feb. 14 • 2–3 p.m.

For anyone that has been thinking about trying belly dance classes join us for a free demonstration class taught by Garnett Kepler, area instructor and Artistic Director of the Habibi Dancers. This is a great opportunity to find out if shimmying to fitness might work for you.

TAI CHI DEMONSTRATION

Saturday, Feb. 21 • 2–3 p.m.

Tai Chi is a low impact high health benefit form of exercise that is great for people of all ages. Robert Teachout of Full Circle Tai Chi will give a free demonstration on the fundamentals of Tai Chi and you're invited to join in! Those wishing to participate should wear clothing that they will be comfortable moving about in.



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