

## Fall - Winter 2023



### **DANCE, MUSIC & MOBILITY** with *Karen Wexler*

Come dance and move with us, seated and/or standing - no experience or coordination necessary!

**MONDAYS 2 - 3 p.m.**

**October 2, 9, 16, 23, 30**

**December 4, 11, 18**

**November 6, 13, 27**



### **INTEGRATIVE NUTRITION COOKING CLASS**

with *Rebecca Kastin*

Join us for healthy and delicious recipes with a new theme each week!

**WEDNESDAYS 11 a.m. - 12 p.m.**

**September 20, 27**

**November 1, 8, 15, 29**

**October 4, 11, 18, 25,**

**December 6, 13**



### **MINDFUL MOVEMENT** with *Heather Berg*

Strengthen your body and cultivate the quieting of the mind and senses.

**FRIDAYS 9:30 - 10:30 a.m.**

**September 1, 8, 15, 22**

**November 3, 10, 17**

**October 6, 13, 20, 27**

**December 1, 8, 15**



### **TAI-CHI & QI-GONG** with *Nick Kusturic*

Experience meditation in motion - connecting the mind and body.

**TUESDAYS 6 - 7 p.m.**

**September 5, 19, 26**

**November 7, 14, 28**

**October 3, 10, 17, 24**

**December 5, 12**

Free Community Events

**REGISTER HERE**



**CONTACT US**

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