

community **fit** FINDING INSPIRATION TOGETHER

Local health plan Western Health Advantage is proud to support the health and wellbeing of our community. WHA invites you to join us in creating a fit and healthy Northern California region by attending any of the classes offered in our program—at no cost to you. The program is open to everyone in the community.

Register at choosewha.com/communityfit

HOW TO PARTICIPATE VIRTUALLY

- 1:** If new to communityFIT, **register** at choosewha.com/communityfit and **email completed liability waiver** to communityFIT@westernhealth.com.
- 2:** Once registered, **check for an email** with WebEx meeting info. If previously registered, you will automatically receive this email.
- 3:** **Log into WebEx** class/meeting prior to class.

FOUR DAYS OF VIRTUAL CLASSES September 22 – October 30, 2020

Tuesdays and Fridays 12:15 – 12:45 p.m. | communityfit movelab is designed to help you create a mindful and fulfilling relationship with movement. It's a great class for both new and experienced movers that will challenge you with body-weight exercises, flexibility and mobility drills, balancing challenges, and meditation. You'll not only learn about yourself, but have fun doing it.

Wednesdays 12:15 – 12:45 p.m. | communityfit pilates is a way to stretch and strengthen your body by using a series of exercises performed equipment-free, with just your body and a floor mat for cushioning and support. Mat Pilates borrows from disciplines such as dance, yoga and classic calisthenics and is a great way to improve strength, posture, and decrease your risk of injuries.

Thursdays 12:15 – 12:45 p.m. | communityfit yoga is designed to both improve fitness and promote stress relief. By performing slow movements and postures and focusing on long, deep breaths, you will stretch and strengthen your muscles and increase your range of motion. You may notice improvements in your mind as well.



All fitness levels welcome. Always check with your doctor before starting any exercise program. Registration and waiver forms are required to participate in classes; see web page for full details. WHA cannot guarantee the security of any communications you make to the host or instructor over WebEx. Please do not share any personal information over any CommunityFIT WebEx session.



Western Health Advantage