

Virtual Wellness Fair

Feb. 2-4 and 9-11



- **Tuesday, 2/2**

- Webinar: Clean Eating (12-1 PM)
- Food Demo: Stir Fried Sesame Shrimp (5-5:45 PM)

- **Wednesday, 2/3**

- Webinar: Better Balance Better You (12-1 PM)
- Fitness Class: Zumba (5-5:30 PM)

- **Thursday, 2/4**

- Webinar: Overcoming Setbacks (12-1 PM)
- Fitness Class: Roll & Release (1-1:30 PM)
- Fitness Class: Low Back Pain (5-5:30 PM)

- **Tuesday, 2/9**

- Webinar: Healthy Aging-Brain Health and You (12-1 PM)
- Fitness Class: Barre (5-5:30 PM)

- **Wednesday, 2/10**

- Meditation (11:30 AM-12:00 PM)
- Webinar: Eating For Energy (12-1 PM)
- Food Demo: Pasta with Kale Pesto & Roasted Sweet Potato (5-5:45 PM)

- **Thursday, 2/11**

- Webinar: No Gym No Problem (12-1 PM)
- Fitness class: Boot Camp HIIT (5-5:30 PM)

All Wellness Events will be available On-Demand after the live session.
Contact Darijan Suton at dsuton@capecodhealth.org for more information.