

April is National Stress Awareness Month

**Free Classes
just added!!**

The Whitin Community Center Wellness Department is pleased to offer these free trial classes to our members during the month of April. **ALL CURRENT ACTIVE MEMBERS ARE INVITED TO PARTICIPATE FOR FREE!!!**

Ages 18 and older are welcome. Pre-registration is required at the reception desk.
Please ask the receptionist about available spots

Monday & Wednesday classes are 7pm - 8pm, Tuesday classes are 10am - 11am

Yoga and Relaxation for Stress Reduction

Monday 4/14/08
Tuesday 4/15/08
Wednesday 4/16/08

Join us as we learn the classic yoga warm-up "Sun Salutation". Sun Salutation is considered the core of hatha yoga practice. Sun Salutations are a series of postures that flow into each other using the breath as a guide for the next movement. We will finish class with a relaxation exercise.

This class is not recommended if you have recent or chronic injury to the back, knees, hips or un-medicated high blood pressure. Consult your physician before beginning yoga practice.

Functional Group Training

Monday 4/21/08
Tuesday 4/22/08
Wednesday 4/23/08

We have all heard about the positive effect exercise has on reducing stress. Functional group training offers a dynamic workout that will focus on squatting, lunging, pushing, pulling, lifting and rotation.

This class is not recommended if you have recent or chronic injury to the back, knees, hips, or un-medicated high blood pressure. Consult your physician before starting an exercise program.

Nutrition for Stress Reduction & Better Sleep

Monday 4/28/08
Tuesday 4/29/08
Wednesday 4/30/08

Do you ever wonder how you could reduce your stress in a natural safe way? Would you like to get a better night's sleep in times of stress? The answer is right in your kitchen. We will explore how food can either reduce your stress or induce your stress.

WCC has teamed up with Serenity Bodywork to offer our members a FREE 15 minute chair massage!!! April 16th
Call for more information



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