



community **fit** FINDING INSPIRATION TOGETHER

2024 VIRTUAL CLASSES: WED & FRI NOVEMBER 6 – DECEMBER 13, 2024

Register and mark your calendars for every Wednesday and Friday at 12:15 p.m. Class length: 30 minutes.

Wednesdays at 12:15 p.m.

Midweek Desk Stretch Are long hours at your desk leaving you feeling stiff and fatigued? We have the perfect solution for you! Join our Desk Stretch class every Wednesday at 12:15 p.m. and transform your workday into a rejuvenating experience. Our expert instructor will guide you through a series of tailored stretches designed to alleviate tension, improve posture, and boost productivity, all from the comfort of your office chair.

Fridays 12:15 p.m.

Adjusting to Change Toolkit “ACT” Join our Community to build a personal toolkit of somatic practices that enhance the mind-body connection. These techniques, including breathwork, movement therapy, and body awareness are designed to help you manage stress, navigate grief, and overcome overwhelm and burnout. By incorporating these practices into your daily life, you can release tension, process emotions, and foster resilience, ultimately improving your mental health and well-being. You’ll be better equipped to navigate holiday challenges, stress less, and truly enjoy the festive moments with loved ones. Embrace the season with renewed strength and balance!

Instructor: Classes are led by James Crader, an embodied behavior practitioner and educator who specializes in the fields of embodiment, attention, and resilience. With a curated background in communications sciences, moving somatic experience, stress and trauma work, and organizational change and leadership coaching, Crader creates a unique body-centered experience and engages in conversation around topics that range from personal wellness to systemic change.

Register at choosewha.com/communityfit

- Existing CommunityFIT participants will automatically receive Zoom registration info and link in email.
- NEW to CommunityFIT, register online at choosewha.com/communityfit. Once registered, check email for Zoom registration info and link.
- Tips for Success: Save all classes to your calendar; then log into Zoom just prior to class!



CommunityFIT is a free, community-based fitness program sponsored by Western Health Advantage. All fitness levels are 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 Zoom. Please do not share any personal information over any CommunityFIT Zoom session.

