

choosewha.com/communityfit

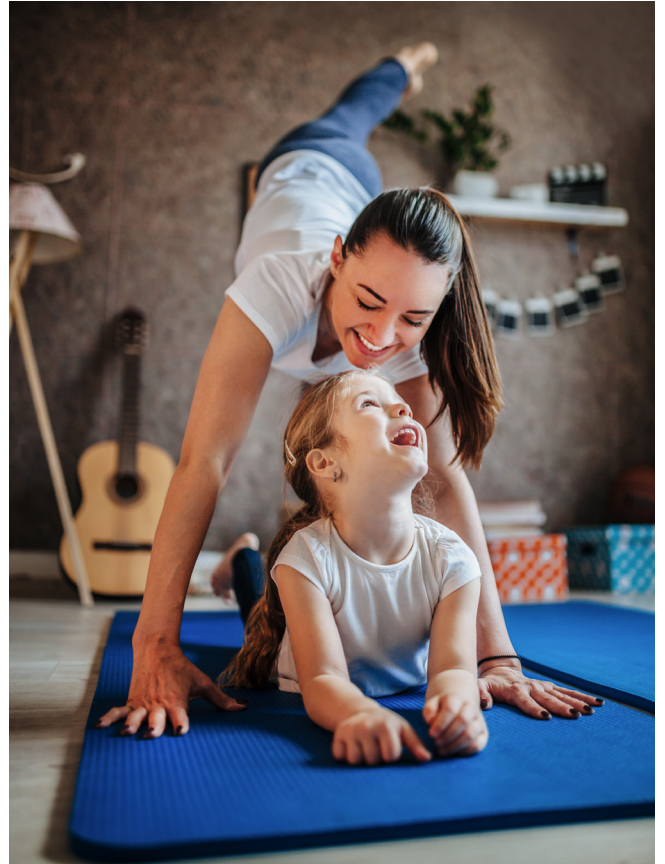
community **fit** FINDING INSPIRATION TOGETHER

Local health plan **Western Health Advantage** is proud to support the health and wellbeing of our community. Join WHA 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.

HOW TO PARTICIPATE VIRTUALLY

Registration opens **May 4, 2021**

- **EXISTING** communityFIT participants will automatically receive the Zoom registration info and link on May 4, 2021.
- If **NEW** to communityFIT, register online at choosewha.com/communityfit. Once you are registered, check for an email with Zoom registration info and link.
- Login to Zoom prior to class.
- Save all classes to your calendar as a reminder.



SIX WEEKS OF VIRTUAL CLASSES May 18 – June 25, 2021

Tuesday and Thursday 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.

Wednesday and Friday 12:15 – 12:45 p.m. | communityfit stress reset is full of biobehavioral tools and tips to help you lower your stress fever before it spikes out of control. You'll learn in-the-moment stress interruptors and long-term strategies for navigating anxiety. We'll explore bringing the mind and body into ease through breathing practices, nervous system toning exercises, physical tension relief, and mindset moments designed to help us stress less, feel more aligned, and be better able to respond well to the world around us one choice at a time.

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