



# community**fit** FINDING INSPIRATION TOGETHER

**2025 VIRTUAL CLASSES: WED & FRI MARCH 12–APRIL 18**

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: Shoulder & Hip Release**

A soothing class focused on releasing tension in the shoulders and hips, areas that often hold stress from sitting for long periods. Through a combination of gentle stretches, mobility exercises, and mindful relaxation techniques, this class targets the muscles that contribute to stiffness and discomfort. You'll learn effective strategies to improve posture, enhance flexibility, and reduce the strain caused by daily sitting, all from the comfort of your office chair. Reconnect with your body and leave feeling refreshed, aligned, and more at ease.

## **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. Navigate your days with steady strength and a sense of harmony.

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](https://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](https://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.*



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