



HEALTHY LIVING CLASSES & WEBINARS

For a link that will connect you to Zoom classes and webinars, register with Toni Davis at tdavis@bgf.org.

HEALTHY LIVING CLASS VIA ZOOM: “CHAIR YOGA”

MONDAYS AND WEDNESDAYS
11 – 11:45 A.M.

Chair yoga can improve mobility, increase energy, boost physical function and otherwise enrich your life! Take the road toward better health with this class that is ideal for seniors or those with stiffness or movement limitations.

July 20 – August 26
Free Six-week Session
Register by July 17

LIVING WELL WEBINAR: “THE AMAZING HEALTH BENEFITS OF SUPERFOODS”

TUESDAY, AUGUST 18
10 – 11 A.M.

Packed with vitamins, minerals and antioxidants, superfoods can fight inflammation, lower blood pressure, boost immunity and more! Join Chef Carlos Brizuela-Martinez for a demo and discussion that will inspire you to improve your eating habits.

Free
Register by August 16

HEALTHY LIVING CLASS VIA ZOOM: “EVERYDAY BALANCE”

MONDAYS AND WEDNESDAYS
11 – 11:30 A.M.

Learn techniques and exercises to improve balance and reduce your risk of falls.

August 31 – October 12
Six-week Session Fee: \$30
Register by August 28

HEALTHY LIVING CLASS VIA ZOOM: “MINDFUL MEDITATION”

WEDNESDAYS
11:45 A.M. – 12:15 P.M.

Experience guided, mindful meditation in a quiet space. Sessions promote greater focus, reduce anxiety, increase compassion and improve well-being.

September 2 – October 7
Six-week Session Fee: \$20
Register by August 30



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OPPORTUNITY