



























The exclusive way to sign up for these classes and earn points toward awesome gear is through the St. Joseph's/Candler Be Health app. Download it at www.sjchs.org/be-health.

CLASSES		
Children's Yoga	We make yoga and mindfulness fun for kids! It's filled with games, songs, stories, imaginative play and activities that engage children and give them the tools to feel calmer, happier and more peaceful inside!	   
Flow Yoga	Called "Flow" Yoga as the poses blend in practice, a more dynamic style of class for students looking to grow their practice, synchronized with breath, creating your anchor as you move from pose to pose. Excellent for your health, not only keeping you active, but also reducing stress and building strength outward and inward. Mairi includes a warm up, Sun Salutations, stretching and balancing as a part of every class. Inner reflection and relaxation are used to close class.	   
Hike the Hill	The Bē Health Navigator will incorporate stretching and other exercises into this 2 mile hike to the hill to enhance your overall physical, emotional and social well-being. Designed for all fitness levels, just meet the Bē Health navigator at the Outfitters Building for this group activity on the St. Joseph's/Candler walking trail.	   
Silver Sneakers Yoga	Silver Sneakers Yoga is great for a beginner or more experience exerciser interested in Yoga and flexibility training. You will move through seated and standing yoga poses that aim to increase flexibility, balance and range of motion. Breathing exercises and relaxation is incorporated into every class to promote stress reduction. A chair is used to accommodate a variety of fitness and skill levels during this class.	   
Yin Yoga	The focus in Yin Yoga is to deepen and direct the postures to target the connective tissues (fascia, ligaments, joints) and tendons that are less frequently exercised. Yin serves as a compliment to the Yang style of yoga, which is more dynamic and muscle focused (Traditional "Yoga"). Yin is slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because the poses are held longer (2-3 minutes or sometimes less) than traditional poses, Yin helps to stretch and strengthen those rarely used tissues while also teaching you how to breathe through discomfort and sit with your thoughts.	   
Hearty Bites for a Healthy Life Cooking Demonstrations	You will learn how to prepare delicious, nutrient-dense snacks that support long-term heart health. You will receive a copy of the recipe to try at home.	 
Know Your Numbers Healthy Heart Lecture	The lecture will be a discussion on blood pressure, sugar and BMI to empower you to manage your risk for heart disease and stroke. The discussion will focus on prevention through diet, exercise and regular doctor visits to understand and control these vital numbers for a healthier life.	 
Healthy Cooking Challenge	Time to challenge our taste buds! Your team prepares a healthy dish and submits the dishes and a written description of your dish and ingredients with your name and phone number. By submitting your recipe, you agree to allow your recipe(s) to be published. Our panel of judges will choose the winner.	 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Flow Yoga 6:30 p.m.	3 Heart Health Dietician Cooking Demonstration 5:30 – 6:30 p.m.	4 Health Screening with Bē Health Navigator 7:00 – 9:00 a.m. Silver Sneakers Yoga 1:00 p.m. Children's Yoga 3:45 p.m.	5 Health Screening with Bē Health Navigator 7:00 – 9:00 a.m. Hike the Hill 9:00 a.m.	6 Yin Yoga 10:00 a.m.	7  Additional class and seminar dates can be found on our fitness calendar: www.sjchs.org/behealth-fitness
8	9 Flow Yoga 6:30 p.m.	10	11 Silver Sneakers Yoga 1:00 p.m. Children's Yoga 3:45 p.m.	12 Hike the Hill 9:00 a.m. Heart Health Lecture 5:30 – 6:30 p.m. *** This event is at SJ/C Heartwood ***	13 Yin Yoga 10:00 a.m.	14 VALENTINE'S DAY
15	16 PRESIDENTS' DAY	17 Health Screening with Bē Health Navigator 7:00 – 9:00 a.m. & 3:00 – 5:00 p.m. Heart Health Dietician Cooking Demonstration 5:30 – 6:30 p.m.	18 Silver Sneakers Yoga 1:00 p.m. Children's Yoga 3:45 p.m.	19 Hike the Hill 9:00 a.m.	20 Yin Yoga 10:00 a.m. Healthy Cooking Challenge 5:30 p.m.	21  Register through the BēHealth App. Don't have the app? Visit www.sjchs.org/be-health-app to download from the App Store or Google Play.
22	23 Flow Yoga 6:30 p.m.	24	25 Silver Sneakers Yoga 1:00 p.m. Children's Yoga 3:45 p.m. Heart Health Lecture 5:30 – 6:30 p.m.	26	27 Yin Yoga 10:00 a.m.	28 

Please note: Silver Sneakers Yoga and Health Screenings with the Bē Health Navigator will be offered at 3866 Belfast Keller Road, RH, GA 31324. All other classes will be offered in the Outfitters Fitness Center at Heartwood. Classes with no participants will be canceled 24 hours prior to the event.

The elements of well-being can be broken into 4 main buckets: physical, emotional/mental, spiritual, and social/societal. All of these elements of well-being are important attributes to the human condition, and developing programming around these elements within the community will help residents enhance all or specific elements they would like to focus on.

