



December 2021

MOVE! Virtual Classes Starting the week of December 6th – December 31st

Requirements for connecting to our virtual class offerings: high-speed internet connection and a smart phone, tablet, laptop, or computer with camera and microphone. **Please log in 10 minutes prior to the class start time. Please include first and last name when signing in.** To join the classes please call the MOVE! Team at: 1-800-406-5143 extension 13855 (Haley) or 13841 (Chrissy).

	<u>MORNING</u>	<u>AFTERNOON</u>
Monday	9:00 am: Morning Meditation with Mallory 10:00 am: <u>MOVE! Support Group w/ Tai Chi</u> 11:00 am: Yoga on the Mat	1:00 pm: Be Active Exercise class 3:00 pm: Introduction to Exercise (8 week series starting 1/3/22)
Tuesday	9:00 am: Chair Yoga 10:00 am: Assessing Motivation & Barriers (Dr. Trevor Grice) 11:00 am: Be Active Exercise class	1:00 pm: Tai Chi 3:00 pm: Cardio Drumming
Wednesday	8:30a: Be Active Exercise class 10:00 am: Chair Yoga 11:00 am: <u>Women’s MOVE! Support Group</u>	1:00 pm: <u>MOVE! Support Group</u> 2:00 pm: Tai Chi
Thursday	9:00 am: Chair Yoga 10:00 am: Be Active Exercise class (No class 12/30) 11:00 am: Healthy Teaching Kitchen	
Friday	10:00 am: Be Active Exercise class	12:00 pm: MOVE! Support Group 1:00 pm: Chair Yoga No classes 12/24 or 12/31
Sunday	11:00 am: Chaplain Service (December 5 th & 19 th)	

MOVE! Support classes: Please pick ONE of these classes.



MOVE! Virtual Class Descriptions

Morning Meditation with Mallory

Description: A short, mindful way to start the day on a positive note; A way to relax, be present and experience gratitude while setting a positive intention for the day. Usually consists of a 10-15 min meditation and will provide you with tools to help guide you through different life challenges.

Tai Chi

Description: Tai chi is a mind-body practice that involves a series of slow, flowing exercises that combine movement, meditation, and rhythmic breathing. Tai chi can help decrease stress and anxiety and help improve flexibility and balance. Tai chi can be done seated or standing.

Chair Yoga

Description: A gentle flow of seated poses and stretches for the beginner, with a focus on breathing and mindfulness. Suitable for all levels, especially if you have never done yoga before. You will feel peaceful, relaxed, and refreshed.

Yoga on the Mat

Description: An easy introduction to yoga on the mat for participants that can safely get up and down off the floor. A combination of basic, beginner poses on the mat and standing to work on balance, strength, and stability.

Assessing Motivation and Barriers with Dr. Trevor Grice

Description: An hour-long support group with a focus on the psychological and social aspects of weight management and behavior change, as well as exploring some of the factors that make changing so hard! Classes will have a more “open perspective” basis as Veterans will be encouraged to “think outside the box” to make the changes they desire.

MOVE! Support Groups

Description: This support group will provide Veterans additional encouragement, support, motivation, and educational information to help them continue to reach their goals after completing the 16-week courses.

Healthy Teaching Kitchen

Description: The Healthy Teaching Kitchen (HTK) program provides Veterans with nutrition knowledge, cooking skills, and guided practice to build confidence in cooking at home with healthy, minimally processed foods. Join our cooking class to gain tips and learn cooking techniques from a Registered Dietitian Nutritionist—recipes will be provided for you to try at home.

Be Active MOVE! Exercise Class

Description: Exercise classes with focus on learning about physical activity. Classes include aerobic, strength training, flexibility and balance exercises. Resistance bands provided. Classes can be done seated or standing.