

created with  Sage

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Here are 4 Wellness Wins!</div> <div>1. Love Your Heart: Eat one extra serving of leafy greens or berries daily to honor American Heart Month.</div> <div>2. Chase the Light: Sit by a sunny window for 15 minutes each morning to boost your mood and Vitamin D levels.</div> <div>3. Stay Limber: Do five "sit-to-stands" from a sturdy chair every time a commercial break comes on to maintain leg strength.</div> <div>4. Beat the Chill: Reach out to one friend or family member a week for a "check-in" chat to keep seasonal isolation at bay.</div> <div>Jot Down Your Reflections:</div>		11:15 Balance & Fall Prevention Training [WC] 1:30 Cardio Drumming [WC]	11:15 Groundhog Day 9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training [WC] 1:30 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Lower Focus [WC]	9:30 Aqua Fitness w/Shameka 11:15 Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	11:15 Cardio Drumming [WC] 1:30 Lower Focus [WC]
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### Jot Down Your Reflections:

Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.



105 Autumn Glen  
Circle  
Fayetteville, GA 30215  
770-461-0039

**Location Keys**  
Wellness Center WC

"Surrender to what is.  
Let go of what was.  
Have faith in what will  
be."

– *Sonia Ricotti*

Let all that you  
do be done in  
love.

