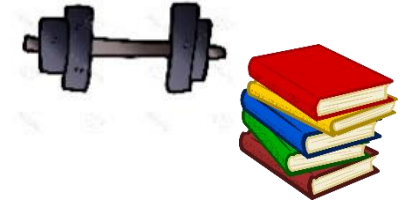




July 2020 – Wellness Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
6. 9:00 AM – Yoga Flow/Gardening (Sharon/Justin)	7. 9:00 AM – Zumba/Balance Your Time (Jennifer)	8. 9:00 AM – Walk Across Texas (Bonny)	9. 9:00 AM – Tai Chi/Eating for Healthy Immune System (Mary & Jennifer)	10.
13. 9:00 AM QuickFit/Creative Cooking (Tiffany/Brittani)	14. 9:00 AM – Basic Strength & Stretch /Manage Your Stress (Jennifer)	15. 9:00 AM – Walk Across Texas (Bonny)	16. 9:00 AM – Tai Chi/Fun Summer Recipe (Mary & Jennifer)	17.
20. 9:00 AM – Yoga Flow (Sharon/Justin)	21. 9:00 AM – Matter of Balance/Feed Your Body (Jennifer)	22. 9:00 AM – Walk Across Texas (Bonny)	23. 9:00 AM – Tai Chi/Mindful Eating (Mary & Jennifer)	24.
27. 9:00 AM – Yoga Flow (Jessica/Brittani)	28. 9:00 AM – Core Fusion/Coping Skills (Faith/Valerie)	29. 9:00 AM – Walk Across Texas (Bonny)	30.	31.

The safety of our staff and patients is our first priority. Over the past few weeks, we have worked on creating a comprehensive reopening strategy. This plan includes the highest standards of health, safety, and cleanliness.

Beginning July 6, 2020, patients will be encouraged to attend one wellness class of their choice. Classes will cover both education and fitness and will be held in the east parking lot. Classes will also be featured LIVE on our Facebook page. We encourage you to attend in person, but if you are unable to make it, please join us virtually.

Please come to the east parking lot, located behind Heal the City. Volunteers will direct you and assist with the sign-in process. All patients will have their temperature checked and will sign a Health Declaration upon arrival. This Declaration states that you are not experiencing any symptoms of COVID-19, nor have come in contact with anyone who has tested positive for COVID-19.

All staff and volunteer will be required to wear masks for the safety of all. If you have any questions, please feel free to reach out to Heal the City Wellness Department.

Follow our social media for updates!



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