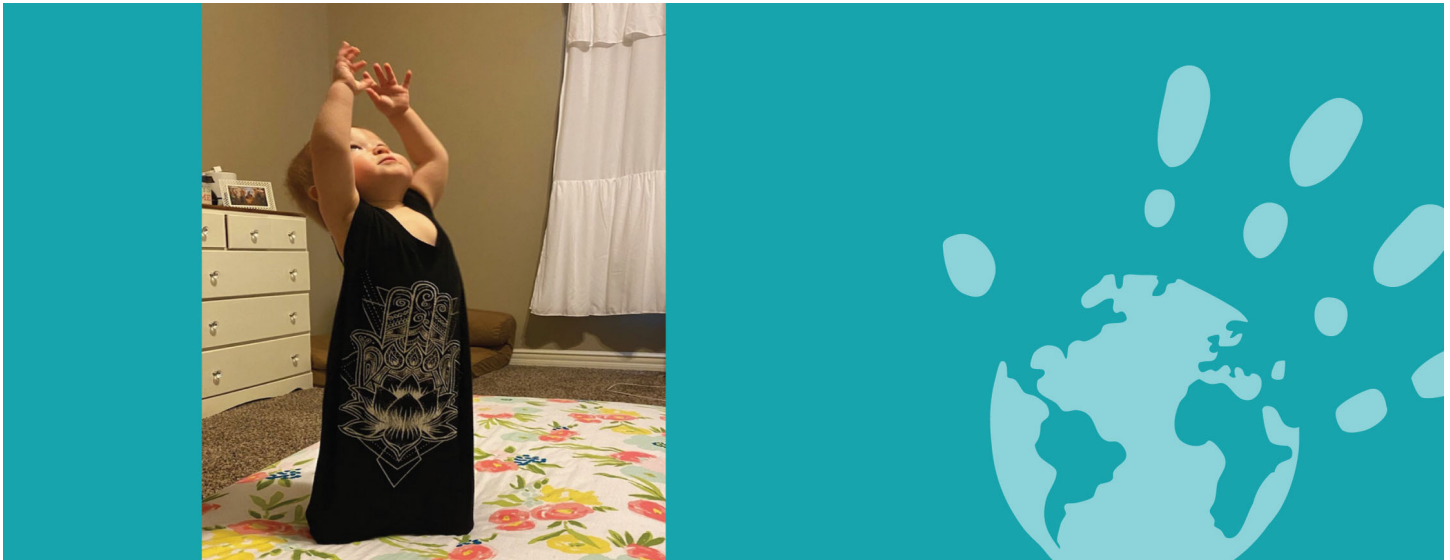


Virtual Wellness by Phone at Home



Your Journey to Wellness Continues With Virtual Wellness by Phone at Home

Yoga

Monday, Wednesday and Friday 1:00 p.m.

Continue your Yoga practice at home! All ages are welcome, come as you are and work at your own pace and level. That could be in a chair or on the floor. Our Instructors will guide you through the 50-minute practice.

Nutrition Hacks and Stretch & Strength

Tuesday and Thursday 1:00 p.m.

Deepen your knowledge of all things nutrition with 5 minutes of Nutrition Hacks. These tips and tricks will help you live a more nutritionist life! Stretch & Strength class follows at 1:05 p.m. We have combined the best of both worlds.

Evening Yoga

Monday and Thursday at 6:00 p.m.

End your day centered and relaxed with an evening Yoga class. *Please note this class has a different Conference ID (520 472 345).*

Follow these 4 steps and get connected to your Fitness Instructors.

- Dial 816 384-1534
- Enter Conference ID
822 269 208 or
520 472 345 (evening Yoga)
- Enter the # (sign) after the
Conference ID

About First Hand

Founded in 1995, First Hand Foundation is dedicated to helping children, families and communities achieve their full health potential. By building innovative models for healthier tomorrows and replicating those models globally, First Hand has changed the lives of more than 350,000 individuals in 93 countries.



firsthand.org