Physical activity or exercise can improve your health and reduce the risk of developing chronic conditions such as obesity, heart disease, diabetes, and some types of cancer.

Staying physically active can improve your health, mood, and overall well-being. It can also help you manage stress, sleep better, and feel more energized. Regular physical activity can also improve your mood and decrease anxiety and depression.

Join Well Aware for one or more of the following classes and learn how to better manage your stress with physical activity.

**Stair Climbing Challenge**

Stair climbing can be a wonderful way to stay in shape during the cold winter months. Climbing stairs is a cardiovascular activity that benefits your heart, your mind, as well as your leg muscles.

Stair climbing can be done anytime throughout the day as a break in your routine. The activity benefits your heart, your mind, as well as your leg muscles.

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**Zumba**

Zumba is a fun and energetic group dance class that combines Latin and international music to create a dynamic workout. It is a great way to improve cardiovascular health, burn calories, and have fun!

Mondays and Thursdays beginning January 6, 2020

**Yoga**

Yoga is a practice that combines physical postures, breathing techniques, and meditation to improve physical and mental well-being. It is a great way to reduce stress, improve flexibility, and enhance relaxation.

Wednesdays beginning January 8, 2020

**Seated Yoga**

Seated Yoga is a gentle form of yoga that is practiced while seated in a chair. It is an accessible way to improve flexibility, balance, and relaxation.

Wednesdays beginning January 8, 2020

**Dance Studio**

Dance Studio offers a variety of dance classes for all ages and skill levels. From salsa to hip-hop, there is something for everyone!

Wednesdays beginning January 8, 2020

**Tobacco Cessation Classes**

Tobacco cessation classes are available for staff and their spouses. The class covers everything from nicotine replacement therapy, coping techniques, stress management, and more.

Mondays, January 6, 2020

Are you ready to quit?

**Stress Less This Winter**

Winter is a daunting time of the year. Shorter days and colder weather, coupled with life stressors, can make it difficult to stay healthy and happy. Join Well Aware to learn strategies to manage stress and stay well this winter.

Fridays beginning January 3, 2020

3:30 p.m.

**Seated Yoga**

Staying physically active is important for maintaining a healthy weight, reducing the risk of chronic diseases, and improving overall well-being. However, starting an exercise program can be a daunting task.

Maria has advice for anyone starting an exercise program.

— Maria

“Although physical activity is necessary for overall health, it can be challenging to fit it into your daily routine. I suggest starting with small steps and gradually increasing your activity levels. It's important to find something you enjoy, whether it's yoga, running, or dancing, to make exercise a part of your daily routine.”

**Strengthen Your Heart**

Exercise can improve your heart, your mind, and your overall wellness. Consider trying one of the classes below to see what kind of physical activity is best for you!