

WELLNESS WEEK | HOLIDAY EDITION

DEC 11 - 17

Find your joy and balance through the pillars of wellness

Physical | Emotional | Social | Spiritual | Intellectual | Financial | Environmental

SCHEDULE

ALL WEEK

[Find your fit with a friend](#)

Donate items for YWCA Crabtree Corner

- Items accepted only:
 - Diapers (newborn,1,2,5,6)
 - Formula
 - Shampoo/ conditioner
 - Toothpaste and brushes
 - Underwear all sizes

MON

[Brighter Futures Blend Murchie's tea](#) in lobby
Shiatsu sessions with Cameron, book on our mobile app!
Hector's Strength & Cardio Holiday Class, 12:15-1PM

TUES

Wellness wheel game with prizes in lobby
[Devoteewear](#) pop-up shop in lobby, 11:30AM and 4:30PM

WED

Wellness workshop with Sandy "Ready for the Holidays", 5:30-6:30PM

THURS

Shiatsu sessions with Cameron, book on our mobile app!
Jingle Ball Dance Party with Johanna, Alice, and Maybelin, 5:15-6:15PM

FRI

Yoga Nidra with Lisa, 1:15-2PM

SAT

Holiday AquaFit, 10:15-11AM

SUN

Yoga Nidra & Breathwork with Geet, 9-10AM