

NHA LIVE WELL VIRTUAL CLASSES

Our Live Well Contractor, Mike Cothrine will be providing online workout & yoga classes!

- Online classes will be accessible through Zoom technology
- 8 classes a day / 40 classes a week!
- Classes start Monday, March 23rd, 2020
- Monday – Friday
 - 7:00 am
 - 8:00 am
 - 12:00 pm
 - 1:00 pm
- Yoga – 2:00pm
 - 4:00pm
 - 5:00 pm
 - 6:00 pm

Live Well participants and NHA staff and families served will be able to register and gain access to the live classes through Mike's Fit Family Website:

<https://www.mikesfitfamily.com/>



**MAINTAIN AND
ACHIEVE OVERALL
HEALTH AND
WELLNESS**

**REVIEW OF FOOD
DIARY AND
FEEDBACK**

NUTRITION TIPS

**INTEGRATION OF
MINDFUL ACTIVITIES**

WELLNESS TIPS

**8 TIMESLOTS TO
CHOOSE FROM!**

**NEIGHBORHOOD
HOUSE ASSOCIATION**

(858) 715-2642

www.neighborhoodhouse.org

