

# Tuesdays to THRIVE

*Nourishing Mind & Body*



## INTENSATI

*with Kali Nagler*

Tuesdays, January 7 & February 4

Combines a high-energy workout with the power of positive thinking.

## BOKWA

*with Omoye Cooper*

Tuesdays, January 14 & February 11

Dance the digits with this dynamic cardio workout.

## YOGA FOR BONE HEALTH

*with Jael Polnac*

Tuesdays, January 21 & February 18

Unite body and mind with balancing poses that support bone strength.

## MINDFULNESS MEDITATION

*with Susan Meyer*

Tuesdays, January 28 & February 25

Guided practice exercises that help you learn strategies to dramatically shift the experience of your life.



All Tuesdays to Thrive programs require registration. For more information on these and other Health & Wellness offerings, as well as the ability to register, please scan the QR Code or visit our online events calendar at [www.sspl.org](http://www.sspl.org).

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