

HEALTHY LIVING

HEALTHY COMMUNITY PRO-

BEGINNER PLANT-BASED ADULT COOKING CLASS

Friday, November 8, 5-7pm. Limit 12 participants.

Cooking plant-based meals doesn't have to be intimidating! With this class you will explore how to prepare exciting, nutritious and delicious meals with plan-sourced ingredients as the main attraction.

Family Members \$25 Members \$30 Nonmembers \$60
Scholarships available

ASK THE PT

Lincoln Health Physical Therapists
Tuesday 8:30-9:30am



Physical Therapists with LincolnHealth will be on hand to answer any



Jared Tucker



Rochelle Panichelle

Tai Chi for Health & Wellbeing

Tuesday & Thursday, 9:15-10:15, Multi-Gen Room

Tai Chi is an enjoyable exercise that can improve balance, relieve pain and improve health and ability to do things. It is a slow exercise and easy to learn for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration.



Begins October 29

Members: \$45
Non-Members: \$90



ADULT COOKING CLASSES & COMMUNITY LUNCH

Thursday, November 14

Thursday, December 12

Enjoy a seasonal farm-to-table lunch highlighting locally sourced foods. Lunch will be prepared and cooked by participants who choose the Cook & Dine option and will end with a family-style sit-down meal. Beginner cooks welcome!

\$5 Cook & Dine (limited to the first 12 participants) -
TIME: 11am-12:30pm
\$10 Dine Only



Fridays 9am-noon
Inside at our Y!
Begins Nov. 8th