

# Let's get fit together, mind and body!

# community **fit** FINDING INSPIRATION TOGETHER

[choosewha.com/communityfit](https://choosewha.com/communityfit)



Local health plan **Western Health Advantage** is proud to support the health and wellbeing of our community. Join WHA in creating a fit and healthy Northern California region by attending any of the classes offered in our program—at no cost to you. The program is open to everyone in the community.

## HOW TO PARTICIPATE VIRTUALLY

### Registration now open for Fall/Winter 2021

- **EXISTING** communityFIT participants will automatically receive Zoom registration info and link.
- If **NEW** to communityFIT, register online at [choosewha.com/communityfit](https://choosewha.com/communityfit). Once registered, check email for Zoom registration info and link.
- **Tips for Success:** Save all classes to your calendar as a reminder. And log into Zoom just prior to class!

## SIX WEEKS OF VIRTUAL CLASSES November 2 – December 10, 2021

**Tuesday and Thursday 12:15 – 12:45 p.m.** | **communityfit movelab** is designed to help you create a mindful, fulfilling, and playful relationship with movement through simple foundational strength exercises, mobility practices, balance challenges, and whole body flow experiences we call “movement puzzles.” It’s a great class for both new and experienced movers alike—it meets you where you are ready and willing to go in each moment, day-to-day, choice-by-choice. You’ll develop new movement habits, feel more capable, and have a lot of FUN doing it.

**Wednesday and Friday 12:15 – 12:45 p.m.** | **communityfit stress reset** is full of biobehavioral tools and tips to help you lower your stress fever before it spikes out of control. You’ll learn in-the-moment stress interruptors and long-term strategies for navigating anxiety. We’ll explore bringing the mind and body into ease through breathing practices, nervous system toning exercises, physical tension relief, and mindset moments designed to help us stress less, feel more aligned, and be better able to respond well to the world around us one choice at a time.

All fitness levels welcome. Always check with your doctor before starting any exercise program. Registration and waiver forms are required to participate in classes; see web page for full details. WHA cannot guarantee the security of any communications you make to the host or instructor over WebEx. Please do not share any personal information over any CommunityFIT WebEx session.

**communityfit** is a free, community-based fitness program sponsored by Western Health Advantage

