



# may wellness seminars

These are free and open to the public, so invite a friend! Space is limited, registration required through the Online Member Portal or Member Services.



## Step on It: An Intro to Power Walking

**Date:** Friday, May 6<sup>th</sup>  
**Time:** 11:30 AM

Come to this seminar to learn about power walking and some of the benefits. Find out ways to incorporate more steps into your daily life and how you can participate in DCFL's Walk 10K Challenge!



## Caffeine, Help or Hindrance?

**Date:** Wednesday, May 18<sup>th</sup>  
**Time:** 1:15 PM

This seminar will discuss both the pros and the cons of caffeine consumption for health and athletic performance. It will take a look at what the proper dosage is for performance, how much is too much, caffeine amounts found in common drinks and food and caffeine's effect on sleep.



## Are You Safety Savvy?

**Date:** Monday, May 23<sup>rd</sup>  
**Time:** 12:00 PM

Join Personal Safety Specialist, Tina Owen to sharpen your everyday personal safety skills and find out if you're being influenced by the "Normalcy Bias". After the seminar, you should feel empowered to keep yourself safe in an unpredictable world.

## June Wellness Seminar Topics

*Diving into the Fight Against Dementia: Aqua Therapy*

*The Truth about Belly Fat*

*Brain Gains*

## June is Men's Health Month

DCFL will host a Men's Health trivia wheel to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. **We encourage you to wear BLUE on June 10th** to show your support for the men in your lives.

## group exercise



### Vinyasa Yoga with Barbara

Saturdays in May | 9:00 AM-10:15 AM | Free to members

Yoga poses flow from one move to another in conjunction with the breath. A comfortable pace will encourage students to work within their own levels. *This class can be rigorous and challenging. Yoga experience is recommended.*



### Survey of the Major Categories of Yoga Postures with Bob

Saturdays in June | 9:00 AM - 10:15 AM | Free to members

This Saturday series will provide insights and educate the practitioner in how to gain the most out of the major categories of postures: standing postures, forward bends, twists, and backbends. Level 1 & 2 postures will be offered. *Yoga experience is recommended.*

*All in-person classes require registration for each class through the Online Member Portal or Member Services. Registration begins 7 days in advanced, beginning at 9:00pm.*