



## FREE Interactive Events Wednesdays, 4:00-5:00 pm *EAT, MOVE, HEAL, GLOW, and GROW*

### APRIL

- April 5 **Free Your Chest** sponsored by Center of Motion
- April 12 **Body Back HIIT Class**  
sponsored by FIT4MOM Chapel Hill-Carrboro
- April 19 **Regaining Full Use of Your Neck**  
sponsored by Center of Motion
- April 26 **Posture and Fitness Clinic (with John Foster)**  
sponsored by Snap Fitness

### MAY

- May 3 **Power Yoga Class**  
sponsored by FIT4MOM Chapel Hill-Carrboro
- May 10 **Reiki, Massage & Facials for Stress Relief - Great for Moms** sponsored by Rishi Salon and Spa
- May 17 **Hot Yoga** sponsored by Red Room Yoga
- May 24 **Boost Fertility With Acupuncture**  
sponsored by Southern Village Acupuncture and Herbology
- May 31 **Pub Theology\***  
sponsored by Christ United Methodist Church

### JUNE

- June 7 **Pub Theology\***  
sponsored by Christ United Methodist Church
- June 14 **What Type of Workout is Best for You?**  
sponsored by Snap Fitness
- June 21 **Coffee Concoctions That Make You Feel Good (free samples)** sponsored by La Vita Dolce
- June 28 **Health Coaching: Partnering for a Healthier, Happier You** sponsored by FIT4MOM Chapel Hill-Carrboro

### JULY

- July 5 **Healthy Summer Hair & Nails - Do's, Don'ts, & Styling Tips** sponsored by Rishi Salon and Spa
- July 12 **Benefit of Proper Shoes and Insoles**  
sponsored by Fleet Feet Carrboro-Durham
- July 19 **Probiotics & Digestive Health**  
sponsored by Weaver Street Market
- July 26 **Pub Theology\***  
sponsored by Christ United Methodist Church

### AUGUST

- August 2 **Coffee Concoctions That Make You Feel Good (free samples)** sponsored by La Vita Dolce
- August 9 **Personal Training—is it for you?**  
sponsored by Snap Fitness
- August 16 **Emphasize Your Assets**  
sponsored by Center of Motion
- August 23 **How to Structure a Training Program**  
sponsored by Fleet Feet Carrboro-Durham
- August 30 **Latest Wellness Trends**  
sponsored by Weaver Street Market

### SEPTEMBER

- September 6 **If Sitting Up Straight is Good for You, Why Is It So Hard?**  
sponsored by Center of Motion
- September 13 **After Summer Skin Rejuvenation Through Clinical Peels**  
sponsored by Rishi Salon and Spa
- September 20 **Stroller Strides Class**  
sponsored by FIT4MOM Chapel Hill-Carrboro
- September 27 **Having Headaches? Let Acupuncture Help You.**  
sponsored by Southern Village Acupuncture and Herbology