Wellness Workout for Weight Loss

An In-Person and Virtual Exercise Class Presented by Cancer Support Community Atlanta

Are you ready to try a new exercise that focuses on improving and maintaining strength, endurance, and flexibility? The movements in this class can be modified, so participants exercise at their own level. Wellness Workout for Weight Loss is a great way to safely start a new exercise routine. Participants are encouraged to have a mat, chair, and light weights.

Led by:
Jane Myers, OTR/L

Every Tuesday in July, 12:30–1:30pm

To participate in this class, please register at www.cscatlanta.org/calendar.

Recorded programs are also available to view at cscatlanta.org (located under the videos tab).

This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.