

# VALLEY PRESBYTERIAN HOSPITAL

LAVC Student Health Center and Kinesiology Department presents:

## Wellness & Fitness Happy Hour

Attend 2 or more workshops & you will be entered to win a \$50 Target Gift Card!\*

**10 FREE sessions for all students, faculty and staff**

- FREE Giveaway drawings at every workshop
- Light snack will be provided
- Bring student or staff ID
- Wear sneakers and comfortable clothing

\*You must attend the last workshop to qualify & claim Grand Prize

I CAN and I WILL stay FIT

2017 Dates	Time	Activity	Location	Description
Tue. Sep. 19	2:30pm—3:30pm	Rock Climbing with Gary Honjio	Community Service Center (MP 1)	Activity where you climb an artificial rock wall
Wed. Sep. 27	12:15pm—1:15pm	Tennis with Jim Fenwick	Tennis Courts (on Ethel Ave. & Burbank Blvd)	Limited rackets will be available. Ok to bring yours if you have one.
Tue. Oct. 3	11:20am—12:20pm	Basketball Conditioning with Monica Hang	South Gym	Participate in basketball conditioning drills with LAVC basketball coach
Thu. Oct. 12	12:30pm-1:30pm	Campus Walk with Health Center	North Gym Lobby (This is a meeting location)	Bring comfortable walking shoes
Thu. Oct. 19	4:30pm—5:30pm	Tai Chi with Chauncey Maddren	Community Service Center (MP 2)	Type of Martial Arts that promotes balance & inner peace
Tue. Oct. 24	1:30pm-2:30pm	Circuit Training with Louis Jones	Fitness Center (South Gym)	Perform a different exercise activity every 3-5 minutes
Tue. Oct. 31	1:30pm-2:30pm	Dance with Liz Casebolt	Dance Room (North Gym)	Join us for a Halloween-themed dance session complete goodie bags for all! (costumes OK but not required)
Wed. Nov. 8	10am-11am	Gentle Yoga with Kiha Lee	Community Service Center (MP 2)	Series of physical postures that connect the mind & body
Wed. Nov. 15	5:30pm-6:30pm	Outdoor Boot Camp with Dave Mallas	Track (Monarch Stadium)	Outdoor fitness program designed to condition the body
Tue. Nov. 28	9:30am—10:30am	Foam Rolling with Patty Melody	Exercise Room (North Gym)	Learn how to stretch, strengthen muscles & more using a foam roller

Visit us at [LAVC.edu/StudentHealth](http://LAVC.edu/StudentHealth) or [Facebook.com/LAVCStudentHealthCenter](https://Facebook.com/LAVCStudentHealthCenter)

Visit our website or Facebook page for updates.

Please note that dates, times, and location may be subject to change due to extreme weather and/or rain.

Events are wheelchair accessible. Individuals needing sign language interpreters, assistive listening devices, large print, Braille materials, or any other accommodations should contact Carolina Moreno, 818-947-2918 [morenoc@lavc](mailto:morenoc@lavc), no later than 3pm at least five business days prior to activity you plan to attend.

REVISED: 09/18/17