

# VALLEY PRESBYTERIAN HOSPITAL

Student Health Center and LAVC Kinesiology Department presents:

## Wellness & Fitness Happy Hour

**Giveaway  
Drawings at  
Every  
Workshop**

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

- Light snack will be provided
- Bring student or staff ID
- Wear sneakers and comfortable clothing

\*Details provided at every workshop

I CAN *and* I WILL stay FIT

2018 Dates	Time	Activity	Location	Description
Thu. Mar. 15	2:30pm—3:30pm	Rock Climbing with Gary Honjio	Community Service Center (MP 1)	Activity where you climb an artificial rock wall
Thu. Mar. 22	5pm—6pm	Tai Chi with Chauncey Maddren	Community Service Center (MP 2)	Type of Martial Arts that promotes balance & inner peace
Mon. Mar. 26	1pm—2pm	Foam Rolling with Patty Melody	Exercise Room (North Gym)	Learn how to stretch, strengthen muscles & more using a foam roller
Thu. Apr. 12	1pm—2pm	Circuit Training with Louis Jones	South Gym (Fitness Center)	Perform a different exercise activity every 3-5 minutes
Wed. Apr. 18	5pm-6pm	Outdoor Boot Camp with Dave Mallas	Track (Monarch Stadium)	Outdoor fitness program designed to condition the body
Tue. May 1	10am—11am	Walking with Sonia Nodal	Track (Monarch Stadium)	Bring comfortable walking shoes
Tue May 8	10am—11am	Walking with Sonia Nodal	Track (Monarch Stadium)	Bring comfortable walking shoes
Thu. May 17	2:30pm—3:30pm	Rock Climbing with Gary Honjio	Community Service Center (MP 1)	Activity where you climb an artificial rock wall
Wed. May 23	1pm—2pm	Gentle Aerobics with Patty Melody	Exercise Room (North Gym)	Physical activity that strengthens your heart, lungs and cardiovascular system

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 Sonia Nodal 818-947-2918, no later than 3pm at least five business days prior to activity you plan to attend.