



## Course Listing Fall 2023

### SEPTEMBER:

- Liz Wanner, Chinese Medicine Workshops Class #1: Heart/Small Intestine (4 Credits):  
**Thursday September 7<sup>th</sup> @ 1:00 pm (Wellness Center Multi-Purpose Room)**  
**\*Limited 20 seats\***
- Kathleen Forrest, Bayada PT: Fall Prevention (3 Credits):  
**Thursday September 21<sup>st</sup> @ 2:00 pm (Auditorium)**
- Cheryl Wilks, Craft and Flower Workshops Press Flower Permanent Pumpkin & More (4 Credits): **Friday September 22<sup>nd</sup> @ 1:30 pm (Auditorium)**  
**\*Limited 20 seats\*** There is a small **materials fee of \$15** to participate in this workshop
- Elizabeth Streit, Zumba Gold Chair (4 Credits):  
**Tuesday, September 26<sup>th</sup> @ 2:00 pm (30-mins) (Auditorium)**
- Liz Wanner, Chinese Medicine Workshops Class #2 Spleen/Stomach/Pancreas (4 Credits):  
**Thursday September 28<sup>th</sup> @ 1:00 pm (Wellness Center Multi-Purpose Room)**  
**\*Limited 20 seats\***

### OCTOBER:

- David Endy (WHV Resident), "Card, Gaming and Gambling" (3 Credits):  
**Tuesday October 3<sup>rd</sup> @ 11:00 am (WHV Auditorium)**
- Main Line Health, "Maximize Your Nutrition to Decrease Risk of Chronic Disease" (3 Credits): **Tuesday, October 10<sup>th</sup> @ 11:00 am (Auditorium)**
- Kathleen Forrest, Bayada PT Understanding Joint Disorders (3 Credits):  
**Tuesday, October 17<sup>th</sup> @ 9:00 am (Auditorium)**
- Joseph Paradine (WHV Resident), "Stop Flossing" (3 Credits):  
**Wednesday, October 25<sup>th</sup> @ 11:00 am (Auditorium)**
- Liz Wanner, Chinese Medicine Workshops Class #3 Lung/Large Intestine (4 Credits):  
**Thursday October 26<sup>th</sup> @ 1:00 pm (Wellness Center Multi-Purpose Room)**  
**\*Limited 20 seats\***





## Course Listing Fall 2023

### OCTOBER (Continued):

- Linda Yu, “Stretch & Refresh” Fitness Class: (stretching, balance & yoga) 4 Credits:  
**Friday October 27<sup>th</sup> @ 10:15 am (Wellness Center Multi-Purpose Room)**  
**\*Limited 20 seats\***
- Jess Lowy, Personal Trainer: The importance of strength training  
**Friday October 27<sup>th</sup> @ 11am (Auditorium)**

### NOVEMBER:

- Elizabeth Streit: Arthritis Foundation Water Class (4 Credits):  
**Friday November 3 @ 10:00 am 30 mins (Pool)**
- Liz Wanner Chinese Medicine Workshops: Class #4: Pericardium/Triple Warmer (4 Credits):  
**Thursday November 16<sup>th</sup> @ 1:00 pm (Wellness Center Multi-Purpose Room)**  
**\*Limited 20 seats\***

### DECEMBER:

- Elizabeth Streit: Chair Yoga (4 Credits):  
**Friday December 8<sup>th</sup> @ 10:00 am (Wellness Center Multi-Purpose Room)**  
**\*Limited 20 seats\***
- Cheryl Wilks Craft and Flower Workshops: Fresh Seasonal Holiday Centerpiece (4 Credits):  
**Wednesday December 13<sup>th</sup> @ 1:30 pm (Wellness Center Multi-Purpose Room)**  
**\*Limited 20 seats\*** There is a small **materials fee of \$15** to participate in this workshop

### TBD:

- Wellness Harvest Hayride at Linvilla Orchards: *Date/Time TBD. More information will be available soon on this social wellness trip!* 😊

