

March 2020 Class Schedule & Events

1055 N. Hercules Ave. • Clearwater, FL 33765 • 727-461-4054 • www.awilife.org



Have you checked us out yet?
Find our page by "searching" in Facebook: Aging & Wellness Institute
Events, Videos, Photos, News, Happenings and more!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>23 Functional Fitness 10:00</p> <p>Yoga 1:00</p> <p>"Your life, Your weigh!" 10:00 email kate@awilife.org for login</p> <p>"Healthy at Home" recorded presentation from Kate Joseph, MS, RDN/LD</p> | <p>24 Functional Fitness 1:00</p> <p>Yoga 10:00</p> <p>"Tasty Tuesday" Clean Eating Recipe posted to Facebook</p> | <p>25 Functional Fitness 10:00</p> <p>Yoga 1:00</p> <p>Nutrition Wellness Minute Emotional Eating</p> <p>Kitchen Tips</p> | <p>26 Functional Fitness 5:00</p> <p>Yoga 10:00</p> <p>"Eating Styles"—discuss the pros and cons of popular diet plans 12:00pm</p> | <p>27 Functional Fitness 10:00</p> <p>Yoga 1:00</p> <p>"Food For Thought"— 11:00</p> <p>Seasoning with Herbs and Spices</p> |
| <p>30 Functional Fitness 10:00</p> <p>Yoga 1:00</p> <p>"Your life, Your weigh!" 10:00 Virtual email kate@awilife.org for login</p> | <p>31 Functional Fitness 1:00</p> <p>Yoga 10:00</p> <p>"Tasty Tuesday" Plant Proteins Recipe posted to Facebook</p> | <p>March is National Nutrition Month</p>  | | <p>Book an appointment with Kate Joseph RDN/LD. Learn ways to vary your diet, meal plan, cook and prep!</p> |

- All presentations will be posted to Facebook and YouTube
- Private Nutrition Counseling Sessions available with Kate Joseph, RDN/LD via phone or virtual platform.
Call (631)-905-5717 or email kate@awilife.org.
- Fitness and yoga classes will be both pre-recorded and live streamed.