



# FALL INTO FITNESS

with the VEBA Resource Center

Fall is a great time to start a fitness routine! Even the smallest changes can help you achieve lasting effects in your health, one step at a time!

Don't know where to start? Meet with one of our Care Navigators who can help you on your journey to becoming your healthiest self.

Schedule your personalized 1x1 session through [vr@mcgregorinc.com](mailto:vr@mcgregorinc.com) today!

## JOIN US FOR A GROUP CLASS IN OCTOBER!

- Yoga Therapy for Your Soul
- Life Stretch
- Self-Care Sunday
- And many more!



CALIFORNIA SCHOOLS  
**VEBA**  
RESOURCE CENTER

Check out our full October schedule and register for classes at:  
[www.vebresourcecenter.com](http://www.vebresourcecenter.com)

Visit our VRC channels for Well-Being Resources and Updates



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# FALL CLASS SCHEDULE

## Stay Connected!

We may all be social distancing, but that's no reason to not remain connected. Follow us on Instagram, like us on Facebook, and check out our YouTube Channel for video's uploaded daily from your favorite VRC Providers.

## YOGA THERAPY FOR YOUR SOUL – FOR ALL LEVELS

Through gentle yoga this class creates space and time for reflection, cultivating a gratitude practice, and breath to body movement to achieve relaxation in the body, send and receive gratitude, and release thoughts and feelings that no longer serve you.

WHEN

*Dates and Times vary, check VRC website for full schedule*

## LIFE STRETCH FOR ALL LEVELS

A mobility-stretch class that is designed to help you become more flexible in body, mind and spirit while increasing functional mobility.

WHEN

*Dates and Times vary, check VRC website for full schedule*

## SELF-CARE SUNDAY FOR ALL LEVELS

WHEN

*Sunday, October 11 at 6:00 pm*

Now, more than ever, it is so important to know that you are part of a community that understands and holds space for everything you are experiencing. It is easy to feel alone, separate from your environment, and even separate from yourself. Join us for an informal practice where you have the opportunity to share your truths and exchange your wisdom, enjoy the sounds and vibration of sound healing instruments; including your own voice, to learn gentle yoga stretches that release tension from your body, to journal your emotions and thoughts, and perhaps most importantly, to connect with your Sanga-your community.

