

COLLINGSWOOD WELLNESS WEEK

MON, MARCH 28

TUES, MARCH 29

WED, MARCH 30

THURS, MARCH 31

FRI, APRIL 1

SAT, APRIL 2

6:30 PM COMMUNITY CENTER INTRO TO MEDITATION - FREE	6:30 PM COMMUNITY CENTER YOGA 101 - FREE	6:30 PM COMMUNITY CENTER HEALTHY COOKING DEMO - FREE	6:30 PM COMMUNITY CENTER ME & MOMMY WORKOUT - FREE	6:30 PM COMMUNITY CENTER PEDIATRICIAN Q&A - FREE	COMMUNITY DAY AT KNIGHT PARK!
6AM: RUNNING GROUP, FREE	7AM: MAYORS WALK @ KNIGHT PARK, FREE	5:15AM: RUN & YOGA! @ YOGAWOOD, \$5	11AM: SPINNING @ UPCYCLE, \$5	6AM: RUNNING GROUP, FREE	7:15AM: RUN & YOGA! @ YOGAWOOD, \$5
10AM: STROLLER WALK @ KNIGHT PARK, FREE	11AM: SPINNING @ UPCYCLE, \$5	10AM: STROLLER WALK @ KNIGHT PARK, FREE	11:15AM: CHAIR YOGA @ COMMUNITY CENTER, \$5	9AM: CHAIR MASSAGE @ COMMUNITY CENTER, \$5 FOR 10MINS	1PM: INTRO TO YOGA @ COMMUNITY CENTER, \$5, MUST RSVP
10AM-1PM: CAR SEAT SAFETY CHECKS @ POLICE DEPT, FREE	11:15AM: CHAIR YOGA @ COMMUNITY CENTER, \$5	10AM: MOMMY AND ME FITCORE @ COMMUNITY CENTER, \$5	12:30PM: INTRO TO ACUPUNCTURE & DEMO @ LOURDES WELLNESS, FREE	10AM: STROLLER WALK @ KNIGHT PARK, FREE	1PM: PET FOOD SEMINAR @ THE PRINCIPLED PET, FREE, MUST RSVP
	11:30AM: MAT CLASS @ PILATES SOUL STUDIO, \$5	11AM: SPINNING @ UPCYCLE, \$5	12:30PM: AROMATHERAPY SEMINAR @ CHAMOMILE COTTAGE, FREE	10:30AM: SCRABBLE CLUB @ COMMUNITY CENTER, FREE	3PM: FAMILY FIRST DROP IN DANCE EVENT @ MONARCH SCHOOL OF DANCE, \$5
11AM: SPINNING @ UPCYCLE, \$5	1PM: HAND STRENGTH, POSTURE & BLOOD PRESSURE SCREENINGS @ LEONARD OTR, FREE	11:30AM: RELAX & RESTORE YOGA FROM LOURDES WELLNESS @ COMMUNITY CENTER, \$5	1PM: COOPER HEARING SCREENINGS @ COMMUNITY CENTER, FREE	11AM: SPINNING @ UPCYCLE, \$5	3:30-5:30M: 15M REIKI TREATMENTS @ HEALING SPACE, \$5, MUST RSVP
2PM: KIDS COOKING DEMO @ TORTILLA PRESS, \$5	1PM: INTRO TO YOGA @ COMMUNITY CENTER, \$5, MUST RSVP	12:30PM: AROMATHERAPY SEMINAR @ CHAMOMILE COTTAGE, FREE	1PM: HAND STRENGTH, POSTURE & BLOOD PRESSURE SCREENINGS @ LEONARD OTR, FREE	12:30PM: AROMATHERAPY SEMINAR @ CHAMOMILE COTTAGE, FREE	COMMUNITY DAY @ KNIGHT PARK EVENTS! <i>ALL EVENTS FREE</i> 9AM: TAI CHI CHIH CLASS 11AM: FIREFIGHTER CHALLENGE 9AM-2PM: KIDS INFLATABLE OBSTACLE COURSE! 11:30AM: POLICE DEPT P.E. GAMES! KICKBALL & TUG-OF-WAR 11AM: HEALTHY SNACKS FROM WAWA 12PM: SUN SALUTATION @ KNIGHT PARK PAVILION MORE COMMUNITY EVENTS TBA!
4-8PM: 15M REIKI TREATMENTS @ HEALING SPACE WELLNESS, \$5, MUST RSVP	3PM: TAI CHI CHIH FROM LOURDES WELLNESS @ COLLINGSWOOD MANOR, \$5	2-6PM: COOPER SCREENINGS @ COMMUNITY CENTER, FREE STROKE ASSESSMENTS HEAD & NECK CANCER SCREENINGS FITNESS CLASS	1:30 PM: HEALTHY AGING AND GERIATRICIAN Q&A @ COMMUNITY CENTER, FREE	1PM: LINE DANCING @ COMMUNITY CENTER, \$3	
5PM: MINDFULNESS & SELF COMPASSION SEMINAR @ COMMUNITY CENTER, FREE	5:30PM: BIKESHARE MAINTENANCE & SAFETY DEMO, FREE		4PM: FAMILY BIKE RIDE, FREE	4PM: FAMILY BIKE RIDE, FREE	
6PM: MOMMY & ME POWER PILATES @ COMMUNITY CENTER, \$5	6PM: ADULT BIKE RIDE, 5M, FREE	5:30PM: PEDIATRIC EYE SCREENINGS @ COMMUNITY CENTER, FREE	4PM: MOMMY & ME BODY BARRE @ COMMUNITY CENTER, \$5		
6PM: CHAIR MASSAGE @ COMMUNITY CENTER, \$5 FOR 10MINS	6:30PM: HOLISTIC DESIGN SEMINAR @ COMMUNITY CENTER, \$5	2-6PM: CHAIR MASSAGE @ COMMUNITY CENTER, \$5 FOR 10MINS	5:30PM: NUTRITION SEMINAR @ PILATES SOUL STUDIO, FREE		
7PM: EATING WITH MINDFULNESS @ LOURDES WELLNESS, \$5	7PM: OSTEOPATHIC MANIPULATIVE MEDICINE & ACUPUNCTURE @ COMMUNITY CENTER, FREE	4PM: FAMILY BIKE RIDE, FREE	5:30PM: TRX CLASS, @ PILATES SOUL STUDIO, \$5, MUST RSVP		
	7PM: INTRODUCTION TO QI GONG @ ST. PAULS LUTHERAN, \$5	4:30PM: VINYASA YOGA @ YOGAWOOD, \$5	6PM: ADULT BIKE RIDE, 5M, FREE		
	7PM: SPRING CLEANING YOUR DIET @ LOURDES WELLNESS, \$5	6:30PM: INTRO TO MEDITATION @ COMMUNITY CENTER, \$5	7PM: INTRODUCTION TO QI GONG @ HEALING SPACE WELLNESS, \$5		
	6:30PM: PET FOOD SEMINAR @ THE PRINCIPLED PET, FREE, MUST RSVP	6:30PM: HATHA YOGA @ KENKOJUKU KARATE, \$5	7:45PM: MAT CLASS @ PILATES SOUL STUDIO, \$5		

FULL EVENT DETAILS AT [COLLINGSWOOD.COM](http://collingswood.com)