How will you get well during Collingswood's Wellness Week? There are more than 70 classes, seminars and events to choose from – all free or low-cost!

Some events require an RSVP, please plan accordingly. Any event that takes place outside is reliant on clear weather. Please check Collingswood.com for inclement weather announcements. Schedule is subject to change. All fees payable directly to class instructor, cash only. The Collingswood Community Center is located at 30 W. Collings Ave, Collingswood, NJ, see below for other event locations.
With questions regarding Wellness Week email cduffey@collingswood.com.

Events Monday, March 28

- **6am Group Run** with Rachelle Damminger, 3-5 mile run starting at meet outside of the Collingswood Community Center. Bring a watch, all levels run, free
- **10am Stroller Walk**, walk around Knight Park and end the walk with open play time at the playground. Families, parents & kids welcome! Walk starts at Magill Ave & Browning. Walk will increase throughout the week. Monday will be 1.5 miles, Tuesday will be 2 miles and Friday will be a 3 mile route, free
- **10am-1pm Car Seat Safety Checks** at the Collingswood Police Department (735 Atlantic Ave), Child Passenger Safety Inspection hosted by Cooper University Hospital where parents and caregivers can ensure that they are using the appropriate child safety seat or safety belt correctly. Rain or shine, free
- **11am Spinning** at Upcycle (688 Haddon Ave), $5
- **2-3pm Cooking Demo for Kids** with Chef Mark at Tortilla Press (703 Haddon Ave), learn to create a healthy vegetable quesadilla that can be made at home. Call 856-869-3345 to RSVP, $5/person (child or adult)
- **4-8pm Reiki Treatments** at Healing Space Acupuncture and Wellness (504 White Horse Pike), Reiki is a hands-on or above body healing touch that helps remove energy blocks and assists in emotional releases. Reiki assists in calming the mind, lowering blood pressure, improving circulation, helps restore immune functions, and releases painful muscle tension while promoting restful sleep, healing and relaxation. Call Ruthie Earley at 609-509-3596 to RSVP, $5 for a 15 minute session
- **5-5:30pm Mindfulness & Self Compassion**, Cooper Hospital seminar with Laurie Weinberg, LCSW, from Cooper Center for Population Health at the Community Center (living room), free
- **6-6:45pm Mommy & Me Power Pilates** with Fitness 4U at the Community Center (living room), A class for mother and child of any age, that engage the mind and condition the total body. This class is designed to work your core and redefine abdominal strength, posture, balance, and alignment post pregnancy. Bring a mat, $5
- **6-7pm Chair Massage** with Lourdes Wellness at the Community Center (conference room) 10 minute massages for $5
- **6:30-7:30pm FEATURED EVENT Intro to Meditation** with Buddhist Monk Gen Kelsang Tenzin at the Community Center (ballroom), learn basic meditation techniques that will be explained as well as some guidance for healthy and positive thinking, free
- **7pm Eating With Mindfulness** at Lourdes Wellness (1049 Haddon Ave), Paying attention to *how* we eat can be extremely useful. Learning to approach eating in a slower, more thoughtful way changes the eating experience to something that can be calming to the mind and digestive system and can contribute to weight loss efforts. Join us to learn and practice how to shift to a healthier way of nourishing yourself, $5

Events Tuesday, March 29

- **7am Mayor's Walk**, Join Mayor James Maley for a morning stroll around Collingswood's beautiful Knight Park. Enjoy some fresh air and community discussion with elected officials. Walk begins at the Harrison Ave entrance on Browning Ave, weather permitting, free
- **11am Spinning** at Upcycle (688 Haddon Ave), $5
- **11:15am Chair Yoga** at the Community Center (living room), $5

- **11:30am-12:30pm Mat Class** at Pilates Soul Studio (606 Haddon Ave), this class is designed to challenge the beginner and the practicing Pilates student. Using your own body and/or with additional use of small props, $5
- **1-2pm Intro to Yoga** at Community Center (living room) with Mary Garbiesi, certified Iyengar Yoga teacher, introductory level therapeutic class, please RSVP to Mary at 856- 503-7545 or garbiesimary4@gmail.com, $5
- **1pm Hand Strength, Posture & Blood Pressure Screenings** with Joan Leonard, OT and Peter Leonard, PT at Leonard Office (759 Haddon Ave), hand strength testing, quick check up of physical fitness and blood pressure checks. No appointment needed, free
- **3pm Tai Chi Chih class** with Lourdes Wellness at the Collingswood Manor (460 Haddon Ave), Tai Chi Chih's gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind. It is a moving meditation that balances and circulates the Chi, the intrinsic energy inherent in all life. Movements and poses are easily learned by anyone, regardless of age or physical condition, $5
- **5:30pm Bikeshare Maintenance & Safety Demo** at Collingswood Bikeshare (707 N. Atlantic Ave), free
- **6pm Adult Bike Ride** with Joe Russell, 5 miles starting at Collingswood Community Center. "Connecting the Parks" ride: With a route that connects Knight Park, Cooper River Park, and Newton Lake, this ride shows off several of Collingswood's iconic parks. Start in Knight Park across from the Middle School and make our way north to the Cooper River. Taking that path eastward, the group will eventually wind down through the neighborhoods on the east side of town until we get to Newton Lake and then back to Knight Park. At just about five miles in length, it should take around 40-50 minutes to complete. Helmets and bike lights are strongly encouraged.
  Route map: https://www.google.com/maps/d/edit?mid=z66U0fWdM4_c.kzoFynG7t2fs&usp=sharing
- **6:30pm Pet Food Seminar** at Principled Pet (2 Powell Ln), Do you want to know how to read a pet food label? This animal health and nutrition seminar will teach you how. Limited space, RSVP by March 15 at 856-240-1923, free
- **6:30pm Holistic Design** at the Community Center (living room), would you like to have more energy, more prosperity, more ease? Seminar will discuss the proprietary blend of design philosophies that brings results like these. Learn how to create a space that fully supports your needs and energizes your best self. Presentation with Q&A, $5
- **6:30pm FEATURED EVENT Yoga 101 from Yogawood** at the Community Center (ballroom), join Yogawood's owner, Beth Filla for a hour of exploration. You know yoga is supposed to involve body, mind and spirit, but how does that all fit together? Where should you start? Should you do hot yoga? Can yoga help your back? Come prepared to move a little, breathe a lot, ask some questions, and learn a little something, free
- **7pm Intro to Qigong** at St. Paul's Lutheran Church (832 Park Ave), an ancient form of healing movement and meditation, practiced for thousands of years to improve health and increase longevity. Movements are gentle yet strengthening and quite profound. Bring a yoga mat if you like. Wear comfortable clothing for some bending and stretching, $5
- **7pm Treating Pain and Balancing the Body with Osteopathic Manipulative Medicine and Acupuncture** seminar at the Community Center (living room) with Dr. Susan Yang, DO and Rachel Weiss of Healing Space Acupuncture, free
- **7pm Spring Cleaning Your Diet** with Kathryn Friedman, BS, CHHC, Holistic Nutritionist at Lourdes Wellness (1049 Haddon Ave), $5

Events Wednesday, March 30

- **5:15am Run & Yoga** with Rachelle Damminger, 3-5 mile run, meet outside of Yogawood (817 Haddon Ave) bring a watch. Run followed by an optional Core Strengthening Yoga designed for athletes from 6-7am, Engage your core through flowing yoga sequences, breath practices and Pilates exercises. Focus on the shoulders and upper arms, abdominals, low back and upper thighs. Find length and stability in balance postures; experience "lift," ease and steadiness in inversions and energy in standing postures, $5 for yoga class

- **10-10:45am Mommy & Me Fitcore** with Fitness 4U at the Community Center (ballroom), stretching, strengthening, and stabilizing "fusion" class that incorporates Pilates, yoga, barre work, dance, and core conditioning, bring a mat. Classes for mother and child of any age, $5
- **10am Stroller Walk** with Kate at Knight's Park, walk around Knights Park with open playtime at the playground. Families, parents & kids welcome! Walk starts at Magill Ave & Browning. Walk will increase throughout the week. Monday will be 1.5 miles, Tuesday will be 2 miles and Friday will be a 3 mile route, free
- **11am Spinning** at Upcycle (688 Haddon Ave), $5
- **11:30am Relax & Restore Yoga** with Lourdes Wellness at the Community Center (living room), gentle yoga postures designed to provide comfort and relaxation for special conditions including back pain, multiple sclerosis, fibromyalgia, and chronic fatigue, $5
- **12:30pm Aromatherapy Safety & Basic Usage** at Chamomile Cottage (686 Haddon Ave), free
- **2-6pm Cooper Screenings** plus fitness class offered by Cooper University at the Community Center (ballroom), stroke assessments, head and neck cancer screening by licensed Cooper physicians, free
- **2-4pm Fitness Class** from Cooper Hospital at Community Center, free
- **2-6pm Chair Massage** with Lourdes Wellness and Healing Space Acupuncture & Wellness at the Community Center (conference room), ten minute massage for $5
- **4pm Family Bike Ride** starting at the snack stand in Knight Park, a community ride for kids and families. Route follows the interior of Knight Park, helmets required, free
- **4:30pm Vinyasa Yoga** at Yogawood (817 Haddon Ave) Using Sun Salutations as the framework, these classes connect each posture with breath. The result is an active, moving meditation that improves strength, balance, and coordination. Expect to hear music, break a sweat, and re-evaluate what you think you can do, $5
- **6:30-7:30pm Intro to Meditation** at the Community Center (living room), with Buddhist Monk Gen Kelsang Tenzin at the Community Center, learn basic meditation techniques that will be explained as well as some guidance for healthy and positive thinking, $5
- **6:30pm Hatha Yoga** at Kenkojuku Karate (614 Haddon Ave), Hatha Yoga is the root yoga for many styles. Focused on alignment and breathing, Hatha Yoga is safe for all levels. An hour of movement, breathing and relaxation, $5
- **6:30-7:30pm FEATURED EVENT Healthy Cooking Demo** Cooper Seminar with Cooper registered dietician Josh George at the Community Center (ballroom), free

Events Thursday, March 31

- **11am Spinning** at Upcycle (688 Haddon Ave), $5
- **11:15am-12:15am Chair Yoga** with Yogawood at the Community Center (living room), $5
- **12:30pm Intro to Acupuncture & Demo** with Lydia Reese, L.Ac. at Lourdes Wellness (1049 Haddon Ave), free
- **12:30pm Aromatherapy for Emotional Well-being** at Chamomile Cottage (686 Haddon Ave), free
- **1-3:30pm Cooper Hearing Screenings** with Meghan Pavlick, AuD. at the Community Center (conference room), free
- **1pm Hand Strength, Posture & Blood Pressure Screenings** with Joan Leonard, OT and Peter Leonard, PT at Leonard office (759 Haddon Ave), hand strength testing, quick check up of physical fitness and blood pressure checks. No appointment needed, free
- **1:30-2:30pm Healthy Aging and Geriatrician Q&A**, Cooper Seminar with Dr. Siegert at the Community Center (game room), short presentation on healthy aging followed by questions and answers, free
- **4pm Family Bike Ride** starting at the snack stand in Knight Park, a community ride for kids and families. Route follows the interior of Knight Park, helmets required, free
- **5:30pm Pediatric Eye Screenings** with Premier Eye Associates at Community Center (ballroom), offering early detection for the children ages 6-12 months of potential eye and vision problems, free
- **5:30-6:30pm TRX class** at Pilates Soul Studio (606 Haddon Ave) A new approach to exercise that utilizes one's own body weight and the force of gravity to develop strength, balance, flexibility, endurance,

coordination and core stability all simultaneously. For multi level participants, classes are limited to 6 people, please RSVP to 856-264-6097, $5

- **5:30 Nutritional Seminar** at the Pilates Soul Studio (606 Haddon Ave), The Tiger Schulmann Nutrition Seminar explains the difference between a diet and proper nutrition. It will go over simple concepts to understand how to live a healthy lifestyle while giving dos and don'ts for eating and drinking, free
- **6pm Adult Bike Ride** with Joe Russell, 5 miles starting at Collingswood Community Center. "Through the Neighborhoods" ride: This route takes riders through several of Collingswood's neighborhoods both south and north of Haddon Avenue as well as along Knight Park. It begins in front of the Community Center entrance on North Atlantic Avenue and ends at Grooveground at Haddon Ave & Woodlawn Terrace. It runs entirely along the street and includes some gentle hills and dips. At just over four miles in length, it should take around 30-40 minutes to complete. Helmets and bike lights are strongly encouraged.
  Route map:
  https://www.google.com/maps/d/edit?mid=z66U0fWdM4_c.kW9cap4ZzZZI&usp=sharing
- **6:30-7pm FEATURED EVENT Mommy & Me Workout** Fitness 4U at the Community Center (ballroom) class with the fundamentals of movement for your little ones of all ages and a workout for moms, free
- **7pm Intro to Qigong** at the Healing Space Acupuncture & Wellness (504 White Horse Pike), an ancient form of healing movement and meditation, practiced for thousands of years to improve health and increase longevity. Movements are gentle yet strengthening and quite profound. Bring a yoga mat if you like. Wear comfortable clothing for some bending and stretching, $5
- **7:45-8:45pm Mat Class** at Pilates Soul Studio (606 Haddon Ave), this class is designed to challenge the beginner and the practicing Pilates student. Using your own body and/or with additional use of small props, $5

Events Friday, April 1

- **6am Run** with Rachelle Damminger, 3-5 mile run, meet outside of the Collingswood Community Center. Bring a watch, all level runners, free
- **9-10am Chair Massage** with Healing Space Acupuncture & Wellness at the Community Center (game room), 10 minute massage for $5
- **10am Stroller Walk** walk around Knight Park and end the walk with open play time at the playground. Families, parents & kids welcome! Walk starts at Magill Ave & Browning. Walk will increase throughout the week. Monday will be 1.5 miles, Tuesday will be 2 miles and Friday will be a 3 mile route, free
- **10:30am Scrabble Club** at the Community Center (conference room), free
- **11am Spinning** at Upcycle (688 Haddon Ave), $5
- **12:30pm Diffusing Essential Oil in the Home** at Chamomile Cottage (686 Haddon Ave), free
- **1-2:30pm Line Dancing** at the Community Center (game room), $3
- **4-4:45 Mommy & Me Body Barre** with Fitness 4U at the Community Center (game room), unique combination of ballet, Pilates, and overall fitness that target the total body. Improve your balance, core, strength, flexibility, and posture all while bonding with your little one, bring a mat. Class for mother and children of all ages, $5
- **4pm Family Bike Ride** starting at the snack stand in Knight Park, a community ride for kids and families. Route follows the interior of Knight Park, helmets required, free
- **6:30pm FEATURED EVENT Pediatrician Q&A** with Beth Karmilovich, MD from Cooper Hospital at the Community Center (living room), parents and caregivers can attend to ask a licensed pediatrician questions about growth, development, and child health concerns, free

Events Saturday, April 2 and COMMUNITY DAY AT KNIGHT PARK!

- **7:15am Run & Yoga** with Rachelle Damminger, 3-5 mile run meet outside of Yogawood (817 Haddon Ave), bring a watch. Run followed by an optional $5 Vinyasa Yoga class at Yogawood from 8:00 - 9:15 am. Using Sun Salutations as the framework, Vinyasa classes connect each posture with breath. The result is an active, moving meditation that improves strength, balance, and coordination. Expect to hear music, break a sweat, and re-evaluate what you think you can do.

- **9am Tai Chi Chih from Lourdes Wellness -** Experience more abundant health, harmony and balance. T'ai Chi Chih's gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind. T'ai Chi Chih is not a martial art, it is a moving meditation that balances and circulates the Chi, the intrinsic energy inherent in all life. T'ai Chi Chih consists of 19 powerful movements and poses that are easily learned by anyone, regardless of age or physical condition, Knight Park, free
- **11am Firefighter Challenge** with Collingswood Fire Department, a timed obstacle course made up of basic firefighter duties in firefighting gear. Course for ages 16 and up, Knight Park, free
- **11:30am PE Games** with Collingswood Police Department at Knight Park! Play a game of kickball with our police officers or try to take them down in a tug of war! Bragging rights for the winners! Knight Park, free
- **10am-2pm Kids Inflatable Obstacle Course** at Knight Park – kids and families can bounce and jump their way through a 45 foot obstacle course, Knight Park, free
- **11am Snack** at Knight Park, after a fun morning of outdoor activities grab a healthy snack of water, pretzels, apple slices and other treats, Knight Park, free
- **12pm Sun Salutation with Amy LeRoy of Kenkojuku Karate** at Knight Park Pavilion, this workshop focuses on the Hatha Yoga Sun Salutation - a series of 12 positions linked together. Sun Salutation is safe for all levels. Whether this is your first experience with Sun Salutation or you have been practicing for years, you will leave with the knowledge to deepen your understanding of this powerful series and make it part of your daily wellness routine. 75 minutes, free
- **1-2pm Intro to Yoga** at Community Center (living room) with Mary Garbiesi, certified Iyengar Yoga teacher, introductory level therapeutic class, please RSVP to Mary at 856- 503-7545 or garbiesimary4@gmail.com, $5
- **1pm Pet Food Seminar** at Principled Pet (2 Powell Ln), Do you want to know how to read a pet food label? This animal health and nutrition seminar will teach you how. Limited space, RSVP by March 15 at 856-240-1923, free
- **3-4pm Family First Drop in Dance Event** at Monarch School of Dance (30 Irvin Ave) learn fun line dances, work on creating signature family moves, and have fun dancing to today's popular, kid-friendly, music. Be sure to bring the whole family to this movement filled, fun event, $5
- **3:30-5:30 Reiki Treatments** at Healing Space Acupuncture and Wellness (504 White Horse Pike), Reiki is a hands-on or above body healing touch that helps remove energy blocks and assists in emotional releases. Reiki assists in calming the mind, lowering blood pressure, improving circulation, helps restore immune functions, and releases painful muscle tension while promoting restful sleep, healing and relaxation. Call Ruthie Earley at 609-509-3596 to RSVP, $5 for a 15 minute session