

Wednesday December 2, 2020

<https://us02web.zoom.us/j/85129651265>

<p>10:00 am to 10:40 am</p>	<p>Healthy Living during Covid-19</p> 	<p>Take care of your body, mind, spirit during social distancing. Try activities that put our ideas into action. See how fun it is to: move, eat healthy and practice meditation skills. Get our handout with simple guidelines on living a healthy lifestyle.</p>	<p>Danielle Viau, Marje Burns and Jacob Weber</p>
<p>12:15 to 1:00</p>		<p>Karaoke Hosted by Global Campus Use the link below only for Karaoke https://us02web.zoom.us/j/534227252</p>	<p>Gianessa Pirro And Marshall Denutt</p>
<p>2:00 pm To 2:40 pm</p>	<p>Yoga</p> 	<p>40 minutes of mindful easy movements, standing yoga postures, easy floor stretches, restorative poses, and deep breathing to cultivate flexibility, strength and deep relaxation.</p>	<p>Families First Yoga Class</p>
<p>3:00 pm to 3:40 pm</p>		<p>Are You Ready To Work?</p>	<p>Families First Job Club</p>
<p>6:30 pm to 7:30 pm</p>		<p>Talent Show</p>	<p>Grab Your 3 Minutes of Fame. Show us your artwork, read a poem you wrote, play an instrument, sing a song and much more! Space is limited. Sign Up by December 1st to get on the list.</p>