



# In the Community

Our vision at Wellness 360 is to empower the community through education.

We offer educational seminars and talks on evidence-based exercise treatments and wellness topics. If you are interested in having our team at Wellness 360 come to your church, facility, or support group, please call us!

## Talks/Seminars

### Topics can include:

- ▶ Exercise Interventions
- ▶ Disease Management
- ▶ Wellness Tips
- ▶ Physical Therapy
- ▶ Stress Reduction
- ▶ And More

## Exercise Bootcamps

### Classes can include:

- ▶ Better Balance Bootcamp
- ▶ Chair Yoga
- ▶ Senior Mindfulness
- ▶ Dancer Wellness and Injury Prevention Workshops
- ▶ and More

## Community Events

### Special Events:

- ▶ Health Fairs
- ▶ Special Events

For More Information:  
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