



Dimensions of Wellness



Wellness Connection

NEW FITNESS CLASS SAMPLER SERIES AVAILABLE!

A minimum of 8 participants is required for each series of classes (two sessions will be offered for each class.) Register via email WellnessConnection@ThreePillars.org or phone 262.965.7017. Pay in advance or at first class (check, cash, ACH, resident billing, or employee payroll deduction).

Tell a friend and have fun taking a class together! We are eager to hear your feedback after you try these out so we can consider building out a more regular group exercise class schedule in April and beyond.

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= Fitness, Health & Fun



Mind, Body, Breath | Yoga

\$5 per class
Tuesdays and Thursdays
3-3:45pm (WC) - No class 3/21



Chair Yoga with Nikki

\$15 for 2 classes
Tuesdays, March 5 & 19
2-2:30pm (WC)



Line Dancing with Dianne

\$10 for 2 classes
Wednesdays, March 13 & 27
5-6pm (WC)



Stretching Workshop with Dan

From Stretch Zone - FREE
Wednesday, March 20
4:30-5pm (WC)



ABC with Lisa

\$12 for 2 classes
Mondays, March 11 & 25
4:15-4:45pm (WC)

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= Education, Nutrition & Health



National Nutrition Month “Beyond the Table”

Healthy Cooking Demonstration with Executive Chef Shawn and Dietitian Rachael

\$10 per person (Limit 10, register by 3/3)
Wednesday, March 6 | 12-1pm (WC)



History / Health Benefits of Coffee

with Ben from Pink Tree Farms
FREE (Registration not required)
Monday, March 11
2pm (VOS Activity Center)



Antique Sad Irons: “Pressing Matters”

with Tammy O’Connell
FREE (Registration not required)
Thursday, March 14
2-3pm (VOS Pavilion Theatre)



Outsmart the Scammers

with Edward Jones Financial Advisors
FREE (Registration not required)
Monday, March 25
2:30pm (VOS Pavilion Theatre)

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Three Pillars
SENIOR LIVING COMMUNITIES

Wellness Connection Calendar



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= Education & Support



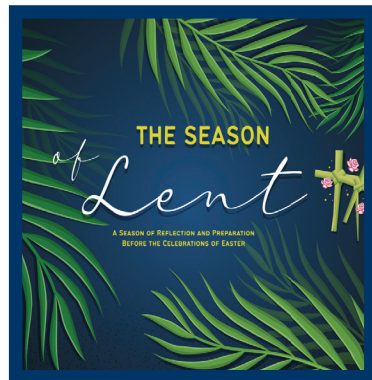
Movement Disorder Group

Friday, March 22
11am (VOS Community Room)



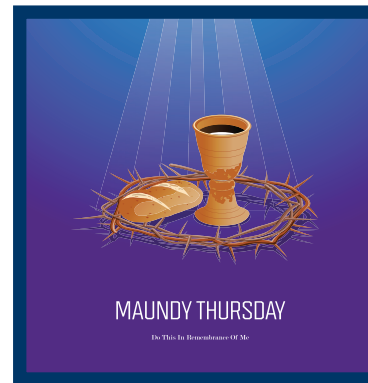
Brain Health Group

Monday, March 25
1pm (VOS Community Room)



Lenten Services

with Pastor Terese
Wednesdays, March 6, 13 & 20
11am (VOS Holz Pavilion Chapel)



Maundy Thursday Service

Thursday, March 28
1pm (VOS Holz Pavilion Chapel)



Good Friday Service

Friday, March 29
1pm (VOS Holz Pavilion Chapel)