

**Sign-up required for Fitness Classes. (i.e. Yoga, ABC etc) Limit 12, and minimum 5 required to hold class.**

**How To Register:**

**Email:**  
WellnessConnection@threepillars.org

**Text:** 844.551.6759, or

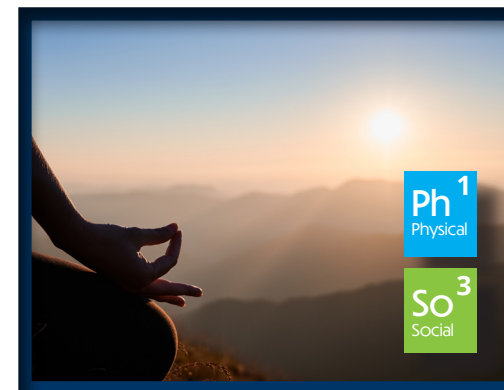
**Call:** 262.965.7017, or

**Sign-up on the sheet** located in the Wellness Connection Aerobics Studio (Aerobics Room Window).



**Mind, Body, Breath | Yoga with Nikki**

\$7 per class (\$9 for non-members)  
Tuesdays and Thursdays  
(No class 5/23 or 5/30)  
3 - 3:45pm



**Evening Chair Yoga with Katie**

\$7 per class (\$9 for non-members)  
Tuesday, May 21  
5 - 5:45pm



**Line Dancing with Dianne**

FREE (Registration not required)  
Thursdays, May 9, 3:30pm &  
May 30, 2:15pm  
(VOS - Community Room)



**ABC with Lisa**

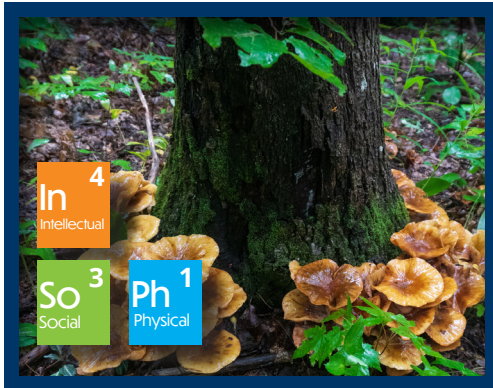
\$6 per class (\$8 for non-members)  
Mondays, May 6, 13, 20 & 27  
4:15 - 4:45pm



Featuring  
Executive  
Chef Shawn  
& Dietitian  
Rachael

**Healthy Cooking Demo with Lunch**

\$14 per person (\$16 non-members)  
Wednesday, May 22  
12 - 1pm



## Pink TeePee - History of Agriculture

FREE (Registration not required)  
Monday, May 13  
1pm (VOS Activity Center)



## "Hearing God's Whispers in the Midst of Your Storm"

Local Author - Christine Nekas-Thoma  
FREE (Registration not required)  
Wednesday, May 8  
2pm (Holz Pavilion Theater)



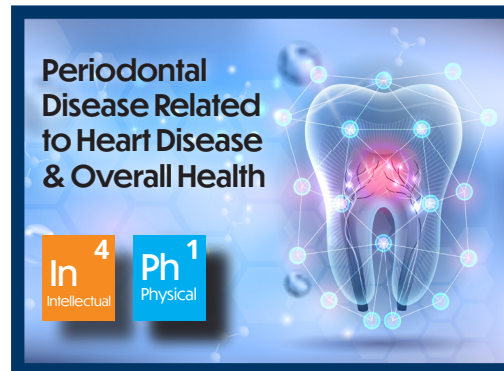
## Brain Health Group

FREE (Registration not required)  
Monday, May 20  
1pm (VOS Community Room)



## Bott Family Bluegrass & Gospel Band

FREE (Registration not required)  
Sunday, May 19  
2pm (Holz Pavilion Chapel)



## Periodontal Disease

with Dental Hygienist Jaimee Sixty  
FREE (Registration not required)  
Wednesday, May 22  
6:30pm (Holz Pavilion Theatre)



## Movement Disorder Group

FREE (Registration not required)  
Friday, May 24  
11am (VOS Community Room)