



Chair Yoga with Nikki

FREE (Registration not required)
Every Wednesday
10:30am (VOS - Community Room)



Strong with Monica

FREE (Registration not required)
Every Tuesday
10:30am (VOS - Community Room)



"Let's Stretch" with Monica

FREE for members (\$5 for non-members)
Every Thursday
10:30am (Wellness Connection)
Shuttle service provided, pick up at VOS
entrance at 10am



Walking Club

Walking Club with Shorehaven

FREE (Registration not required)
Friday, June 5
10:15am (Holz Pavilion Entrance)

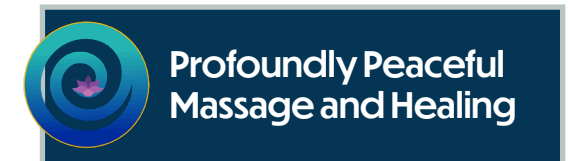
Questions? Contact: Monica Wildt
at 262.965.7017 or mwildt@threepillars.org



Core Strength & Balance Class

FREE for members (Registration required)
Every Monday
12:30 - 1pm (VOS - Community Room)

Questions or to register? Contact: Monica Wildt
at 262.965.7017 or mwildt@threepillars.org



Profoundly Peaceful Massage and Healing

Book a session today!

Call 262.409.1747 or book online at
bit.ly/3pMassage

Prices:

30 min - \$45 60 min - \$80 90 min - \$115

Available at the Massage Suite at the Wellness
Connection, or in your apartment / room for an
additional \$10.

If you need assistance with scheduling or have
questions – contact Monica at 262.965.7017 or

Relaxation & Therapeutic Massages