



Chair Yoga with Nikki

FREE (Registration not required)
Every Wednesday
10:30 - 11am (VOS - Community Room)



Strong with Monica

FREE (Registration not required)
Every Tuesday
10:30 - 11am (VOS - Community Room)



Let's Stretch with Monica

FREE for members (\$5 for non-members)
Every Thursday
10:30 - 11am (Wellness Connection)
Shuttle service provided, pick up at VOS entrance at 10am



Profoundly Peaceful Massage and Healing

Book a session today!

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

Prices:

30 min - \$50 60 min - \$90

75 min - \$110 90 min - \$125

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
mwildt@threepillars.org.

Relaxation & Therapeutic Massage



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



Protecting Your Memory & Brain Health

FREE (Registration appreciated)
Monday, August 24
1- 2pm (Holz Pavilion Theater)

Questions or to register? Contact: Jen Graf
at 262.965.7133 or jgraf@threepillars.org