

Monday

Tuesday

Wednesday

Thursday

Friday

LOCATION KEY:

GOVERNMENT CENTER, 800 S. VICTORIA AVE, VTA

ACR Atlantic Conf Rm, Admin Bldg, Main Plaza

Courtyard Pergola area--outside between HOJ and HOA

MPR Multipurpose Rm, Admin Bldg, Rm #344, 3rd Floor

OUTLYING LOCATIONS-

Cam Arprt 165 Durley Ave, Camarillo Fire Admin Bldg. (Conf Rm A/B)

E. C. IEC/JCC 2900 N. Madera Road, Simi Valley

Class descriptions on page 2

Feb 1



8-Wk Series:
 Gov't Center, MPR
 12-1pm, 1/11-2/22

4 **Resolution Meltdown**
 Week-2 --Resolution Meltdown Walk!
 12:30 -1 pm, Gov't Center, HOA fountain

5 **Younger Next Year**
 12-1pm, Gov't Center, PCR

6 **Mindful Yoga Stretching**
 4-Wk Series:
 Cam Arprt (Conf Rm A/B)
 12-1pm, 2/6 - 2/27

7 **Mindful Yoga Stretching**
 4-Wk Series:
 E.C. IEC/JCC (Madera Rm)
 12-1pm, 2/7 - 2/28

8 cont'd
 end

11 **Resolution Meltdown**
 Week-3 -Resolution Meltdown Walk!
 12:30 -1 pm, Gov't Center, HOA fountain

13 **Wellness Personal Profile**
 FREE FAST CONFIDENTIAL
 E. C. IEC/JCC, (Training Rm)

14

15

18
 Holiday--NO CLASS

19 **Corporate Games FAIR!**
Couch to 5K Kickoff--
Instructions, Stretch and
Walk (Led by Fitness Expert)
 12:30-1pm, Gov't Center, Courtyard

20 **Wellness Personal Profile**
 FREE FAST CONFIDENTIAL
 Gov't Center, MPR

21

22

25 **Resolution Meltdown**
 Week-4-Resolution Meltdown Walk!
 12:30 -1 pm, Gov't Center, HOA fountain

26 **Couch to 5K** (self-directed walking--
 pace yourself!)

27 **Wellness Personal Profile**
 FREE FAST CONFIDENTIAL
 Gov't Center, MPR

28

Mar 1

end

end

February, 2019 (class descriptions)

Wellness

Personal Profile



FREE FAST CONFIDENTIAL

PWP: A comprehensive lifestyle assessment linking medical research with your personal lifestyle, health history and personal biometrics. Measures blood pressure, body mass index, waist circumference and body fat%. Via a small finger stick, the screening also measures total cholesterol, HDL LDL, triglycerides & glucose. All participants have the option to meet in person with a Health Coach/Nutritionist.

A 12 hour fast is RECOMMENDED, but NOT required. (If you are unable to fast-or forget to fast, your blood sample will still be measured.)

It's CONFIDENTIAL – Your results and privacy are protected by law (HIPAA). It's QUICK! All appointments are in the morning and last approximately 30 minutes. Get your results WITHIN 10 Minutes Of Your Screening! It's EASY! Register online. It's FREE!! All Regular County Employees and their spouses are eligible to participate in the Wellness Profile.

Choose your date, location and appointment time @ www.ventura.org/registervcwell. Feb, 13 (E.C. IEC/JCC); Feb, 20 & 27 (Gov't Center, MPR)) All dates are subject to cancellation (based on low registration numbers).

Younger Next Year: Learn secrets of the cultures with the longest lifespans from the “Blue Zones” around the world. Combine that with the best science has to offer from the most prestigious Longevity Institutes and anti-aging studies, and you will have a surefire plan to turn back the clock and feel younger now—and next year. Tues, Feb 12 Gov't Center, PCR



Resolution Meltdown: (Started in Jan 28th) A 10-week weight loss challenge for individuals who are motivated and want to kick start the new year with professional guidance, inspiration and physical activity support to lose weight in a healthy manner.

IMPORTANT: This challenge is not a who-can-lose-the-most-weight competition. it is an opportunity for participants to take a self-paced, personal weight-loss journey through the adoption of healthy behaviors, both through healthy dietary practices and increased physical activity.

Please refer to Jan, 2019 (class descriptions) for complete details.

Corporate Games FAIR!

Many events are still forming teams--this is your chance to sign up for one of the events in the Corporate Games' EXCELLENT ADVENTURE! FREE GIVE-AWAYS TO THE FIRST 100 at the fair! If you are interested in participating in the Corporate Games 5K on April 10th--meet us at the VC-WELL! table for the Couch-to-5K Kickoff at 12:30 pm.

Tues, February 19th
AN “EXCELLENT ADVENTURE”! Learn more about the Corporate Games and how YOU can sign up for fun events and friendly competition!

Couch to 5K: Not a runner? No Problem! This series will provide you a slow and steady approach to build your mental and physical endurance. In just 8 weeks you'll enjoy the sense of accomplishment when you are ready to participate in the Corporate Games 5K walk/run. Every other week from 12:30-1pm, the training will be led by our Fitness Expert (beginning with a stretch in the Courtyard). The weeks in-between, train at your own pace. Let the training begin! (Bring water, wear exercise shoes & comfortable, loose clothing.) Tues, Feb 19 Gov't Center, VC-WELL! table @ CG Fair (above)

Regular County Employees, REGISTER yourself and/or your spouse @ www.ventura.org/registervcwell.

Gentle Yoga

12-1pm @ Gov't Center, MPR

▶ Jan 11 - Feb 22

This full body stretch and strengthen routine will leave you revitalized and relaxed. The instructor will guide you into a full-body stretch and strengthen routine with modifications and gentle multi-level poses for those with special considerations.

Mindful Yoga Stretching

Whether you are beginning yoga or ready to deepen your yoga practice, this yoga series is a great introduction to the practice of yoga. The instructor will guide you

into some more challenging poses always making sure to listen to the body, mind and spirit--making modifications when needed. There will be some core work, and strengthening of the muscles, including standing poses, sun salutes and backbends. Ending with longer holds and stretches in the poses.

OUTLYING LOCATIONS:

(4-Week Series) 12-1pm

▶ EC IEC/JCC (Madera Rm), 4 Thur's 2/7-2/28

▶ Cam Arprt (Conf Rm A/B), 4 Wed's 2/6-2/27



Yoga stretching can help you increase flexibility, relieve stress, depression, anxiety, back pain, arthritis and more. Take a restorative break from your day. Choose your style (below). Bring a towel or mat and wear loose comfortable clothing.