



# Hula for Health



## Fridays 8AM - 9AM ♦ THE SEQUOIA ROOM

Interested in finding fun ways to get active?

The YMCA is hosting a 6-week Hula for Health Class at SNAHC!

These cultural Hawaiian dance classes are low impact. You will learn graceful movements of hula to improve your strength, flexibility, balance, and coordination.

Hula is a great way to get your heart pumping as you incorporate exercise into your wellness plan.

Materials and snacks will be provided.

*Instructor can make accommodations for mobility.*

## FOR MORE INFORMATION CONTACT

Marissa Monteon, LVN ♦ (916) 341-0576 ext. 2269

Myrna Monroe, CHW ♦ (916) 341-0576 ext. 2236

## 2018 DATES

November 2

November 9

November 16

November 30

December 7

December 14

