

# Live Healthy



## October Classes & Events

**Metro Health Farm Market's last day of the season** | October 8th | 9 am - 2 pm



### FITNESS CLASSES

<b>Gentle Yoga</b>	October 2 & 9   9:15-10:15 am Mondays, October 12 - December 14   6:30-7:30 pm Fridays, October 16 - December 18   9:15-10:15 am
<b>Beginners Yoga</b>	Thursdays, October 15 - December 17   5:15-6:15 pm
<b>Mixed Flow Yoga</b>	Fridays, October 16 - December 18   8-9 am
<b>Intermediate Yoga</b>	Mondays, October 12 - December 14   5:15-6:15 pm Thursdays, October 15 - December 17   6:30-7:30 pm
<b>Core Strength</b>	Tuesdays, October 13 - November 17   5:30 - 5:45 pm
<b>Zumba</b>	Tuesdays, October 13 - November 17   6-7 pm



### SUPPORT GROUPS

<b>Aphasia</b>	Tuesday, October 6   2:30 - 4:30 pm
<b>Joe Niekro Foundation™ Stroke Support</b>	Wednesday, October 21   6-7 pm



### COMMUNITY EVENTS

<b>Matter of Balance</b>	Mondays, October 5 – November 23   2:30 - 4:30 pm
<b>Stress Management Painting Class</b>	Tuesday, October 20   6-8 pm
<b>Drug Take Back Day</b>	Saturday, October 24   10 am – 2 pm
<b>Blood Drive</b>	Tuesday, October 13   7 am – 1 pm   Appointment Required

To learn more and register for events, visit [metrohealth.net/events](https://metrohealth.net/events)

Participants must wear a mask at all events and practice social distancing.



**METRO HEALTH**  
UNIVERSITY OF MICHIGAN HEALTH  
Community Health  
& Wellness