**Summer Schedule June, July, August 2024**

**Tuesdays**

**9-9:30 am Chair Yoga  
9:30-10:15 am High Blood Pressure & Nutrition Eno, Instructor  
10:30 am-12 Noon “Creating Better Health,” Dr. Noor, Instructor  
 July 9-August 4, 2024  
 DHHS UVU MOSAIC Partnership  
12 Noon – 1pm Meditative Crochet & “Atlas of the Heart” Brene Brown  
 Dr. Whited, Instructor  
  
Wednesdays  
9-9:30 am Chair Yoga  
9:30-10:30 am ESL Connie & Becky, Instructors**

**Thursdays**

**11:30-12:30 pm Volunteer Instruction/Recognition  
 Justine, Instructor**

**2nd Wednesday of the Month – BBQ  
Scott School Court Yard  
Bring Healthy Pot Luck Dish**

**Healthy: Activities, Converstions, Food, Kits, Recipes**