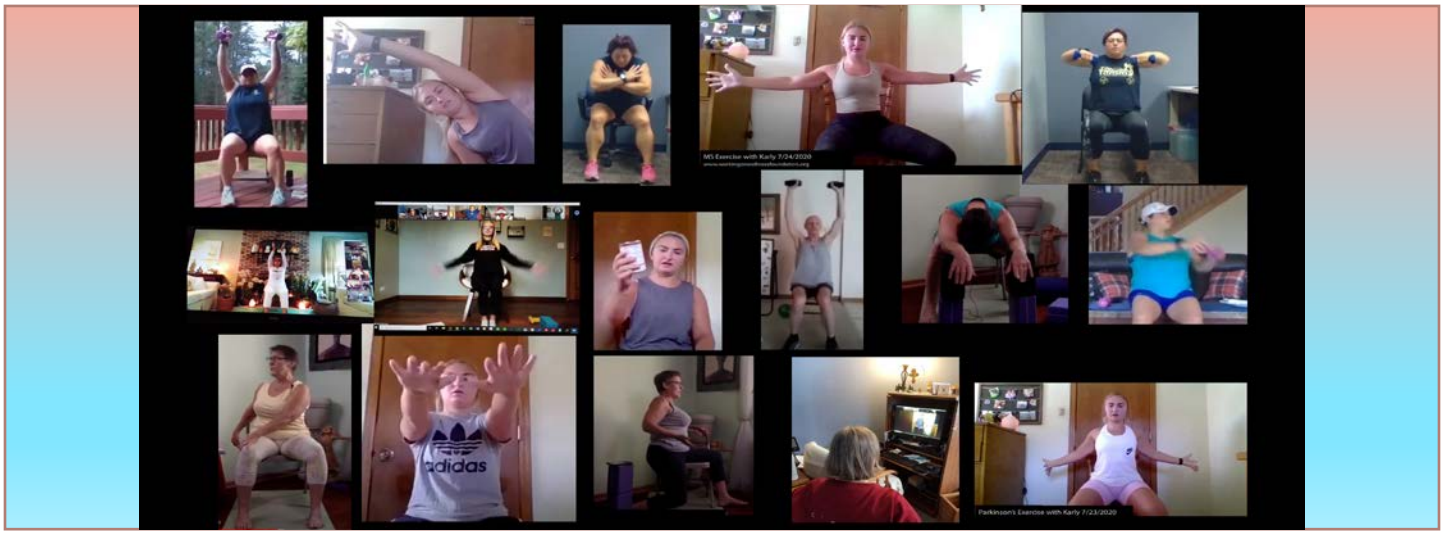
Working On Wellness Foundation

Working On Wellness Foundation focuses on providing exercise for those with conditions that require it just to keep moving. We now provide online seated/chair exercise opportunities for anyone with mobility issues.



The **Working On Wellness Foundation** provides online, seated exercise sessions, created and conducted by our experienced and certified instructors.

Join us live on Zoom (all times are Central):

Monday	9:45 AM	Yoga
Tuesday	10:00 AM	General Exercise – Sponsored by the **Multiple Sclerosis Foundation**
Wednesday	9:45 AM	Strength Training - Sponsored by a donation from **Living Word Lutheran Church** in Orland Park
Thursday	9:45 AM	Range of Motion / Parkinson's Exercise

Join us on YouTube: Each week, our channel will highlight a week of yoga, strength training, big movement, and general exercise sessions. You can do all while remaining seated. They include cardio, upper body, lower body, core, balance, coordination, and hand exercises.

Contact us to get free links to both Zoom and YouTube sessions.

www.workingonwellnessfoundation.org

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