



MOVE INTO 2024 WITH WHOLE HEALTH AT HOME!

Are you wanting to be more active in 2024? Would you like to join from the comfort and convenience of your own home?

Join our VIRTUAL Yoga, Fitness, SilverFit (60+), Adapted Tai Chi, and Qigong groups!

To join one of our groups:

Call us at 618-993-4147

Email us at WholeHealthMarion@va.gov

Learn more at wellvets.com/marion

VIRTUAL YOGA
TUESDAYS 1000
THURSDAYS 1300

**VIRTUAL
STRETCHING &
FLEXIBILITY**
(SEATED ON FLOOR)
TUES & WED 1400
THURS & SAT 0900

VIRTUAL SILVERFIT
(60+/SEATED)
TUES & THURS 1500

VIRTUAL FITNESS
WED & FRI 0900
TUES & WED 1700

VIRTUAL TAI CHI
(SEATED/ADAPTED)
FRIDAYS 1100

VIRTUAL QIGONG
TUES & WED 1300
THURS 1700
SAT 1100