

# Here to Health

Follow the trail of **FREE** health and wellness events to finish **FALL 2020** strong & healthy!  
 Registration required to receive virtual event links: [tinyurl.com/heretohealth](https://tinyurl.com/heretohealth)



## 1 SUICIDE PREVENTION IN TIMES OF CRISIS VIRTUAL EVENT

**Date:**  
Thur, Sept 17  
**Location:**  
Online via Zoom  
**Time:**  
6 pm – 7:30 pm

**Description:**  
A panel of experts and personal success stories will help participants recognize the warning signs & learn tips that could save a life.

## 2 MINDFUL WELLNESS & RECOVERY VIRTUAL EVENT

**Date:**  
Tues, Sept 22  
**Location:**  
Online via Zoom  
**Time:**  
6 pm – 7:30 pm

**Description:**  
Teresa Petersen & Veronica Bowler demonstrate mindfulness for stress management.

## 3 VAPING VS. SMOKING VIRTUAL EVENT

**Date:**  
Thur, Oct 8  
**Location:**  
Online via Zoom  
**Time:**  
6 pm – 7:30 pm

**Description:**  
The Bay Area Council On Drugs and Alcohol (BACODA) will discuss the topic of Vaping VS. Smoking: Is one safer than the other?

## 4 VIRTUAL ZUMBA WITH ZAIRA\*

**Date:**  
Every Mon/Wed  
**Location:**  
Online via Zoom  
**Time:**  
7 pm

**Description:**  
30-Minutes of LIVE, INTERACTIVE Zumba Dance on Monday and Zumba Toning, on Wednesday with Zaira Arevalo, Certified Zumba Pro since 2017!

## 5 VIRTUAL FUNCTIONAL FITNESS CLASS\*

**Date:**  
Every Tue/Thur  
**Location:**  
Online via Zoom  
**Time:**  
3 pm

**Description:**  
Coach Black will lead participants through live, interactive exercises designed to strengthen everyday movements.

## 6 VIRTUAL YOGA WITH ADRIENE\*

**Date:**  
Every Tue/Thur  
**Location:**  
Online via Zoom  
**Time:**  
5 pm

**Description:**  
Come together for strength and balanced movements designed for relaxing and self-awareness.  
*Pre-recorded.*

## 7 FACEBOOK FITNESS GROUP

**Date:**  
On-going  
**Location:**  
Facebook Group

**Description:**  
Join "BC Make Fit Happen" for community support and daily challenges.  
[Tinyurl.com/BCMakeFitHappen](https://tinyurl.com/BCMakeFitHappen)

## 8 FACEBOOK MEAL PREP GROUP

**Date:**  
On-going  
**Location:**  
Facebook Group

**Description:**  
Join "BC Make Fit Happen" to share healthy recipes, learn to eat "well", and stay accountable with meal preps.  
[Tinyurl.com/BCMakeFitHappen](https://tinyurl.com/BCMakeFitHappen)

## 9 MEAL PREP CHALLENGE

**Date:**  
Nov 3 - 23  
**Location:**  
Live Online

**Description:**  
21-day challenge creating favorite curbside/takeouts at home and healthy. Zoom Launch and Check-in: Nov. 3, 5pm. Join the private Facebook group "BC Make Fit Happen" for daily accountability. End with a Zoom Holiday Checkout: Nov. 23, 5pm.

REGISTER AT [TINYURL.COM/HERETOHEALTH](https://tinyurl.com/heretohealth) OR TEXT "@TINAREC" TO 81010

\*Complete any three per week in 21 days to qualify for free giveaways and fitness gifts.

