

FREE ONLINE EXERCISE AND HEALTH CLASSES



Moves & Grooves High energy aerobic class

PilatesTone & stretch your body

Cardio/Strength
Focus on full body fitness

Stretch/StrengthImprove strength & flexibility

LET'S GET MOVING

SPIRIT

Mind, Body & Spirit
Once a month speaker series

Mindful Mondays
Learn how to meditate

Stress Busters
Learn key tools to relieve stress





Barbershop Talk
Interactive discussion group for Black men

Let's Get Movin' Brothas Low-impact fitness class for Black men BROTHAS BUILDING BROTHAS

COOKING & NUTRITION

Let's Get Cooking
Learn quick, simple & nutritious recipes

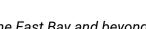






thegoodlifepath.org







Promoting health and well-being for older adults throughout the East Bay and beyond.







