



FREE ONLINE EXERCISE AND HEALTH CLASSES



Moves & Grooves
High energy aerobic class

Pilates
Tone & stretch your body

Cardio/Strength
Focus on full body fitness

Stretch/Strength
Improve 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.



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