



August 2023

WELLNESS CONNECTION

Office Hours: M-F 8 a.m. - 4 p.m.

Fitness Club/Pool Hours: 6 a.m. - 7 p.m.



3400 Wagner Heights Road • Stockton, CA 95209

Phone: (209) 956-3470

MONDAY

Pool: 6 a.m. – 7p.m.

Tone Up
9:00 - 9:45 a.m.

AQUA STRONG 
10:00 - 10:45 a.m.


Be Fit, Not Frail
10:00 - 10:45 a.m.

Yoga
11:00 - 11:30 a.m.

TUESDAY


Pool: 6 a.m. – 7p.m.

CHAIR DANCING
10:00-10:30 a.m.

Water Walking 
10:00 - 10:30 a.m.

FallProof
10:45 - 11:30 a.m.

Balance & Band
1:30 - 2:15 p.m.

Aqua Body Moves 
1:30 - 2:15 p.m.


Brain Fitness
3:15-4:00 p.m.

AUGUST 8th & 15th
(Fitness Club)

WEDNESDAY

Pool: 6 a.m. – 7p.m.

Tone Up
9:00 - 9:45 a.m.

AQUA STRONG 
10:00 - 10:45 a.m.


Be Fit, Not Frail
10:00 - 10:45 a.m.

Yoga
11:00 - 11:30 a.m.

THURSDAY


Pool: 6 a.m. – 7p.m.

Yoga
9:00 - 9:30 a.m.

Water Walking 
10:00 - 10:30 a.m.

FallProof
10:45 - 11:30 a.m.

Balance & Band
1:30 - 2:15 p.m.

Aqua Body Moves 
1:30 - 2:15 p.m.

FRIDAY

Pool: 6 a.m. – 7p.m.

Tone Up
9:00 - 9:45 a.m.

Be Fit, Not Frail
10:00 - 10:45 a.m.

CANCELLATIONS

- ◆ 9 AM YOGA is cancelled Thurs. August 17th
- ◆ 1:30 PM Aqua Body is cancelled Thurs. August 17th
- ◆ 11 AM YOGA is cancelled Monday August 21st

Happy August! May the warm days ahead fill you with joy!

THE MENTAL HEALTH BENEFITS OF SUNLIGHT

What is SENSIBLE Sun Exposure?

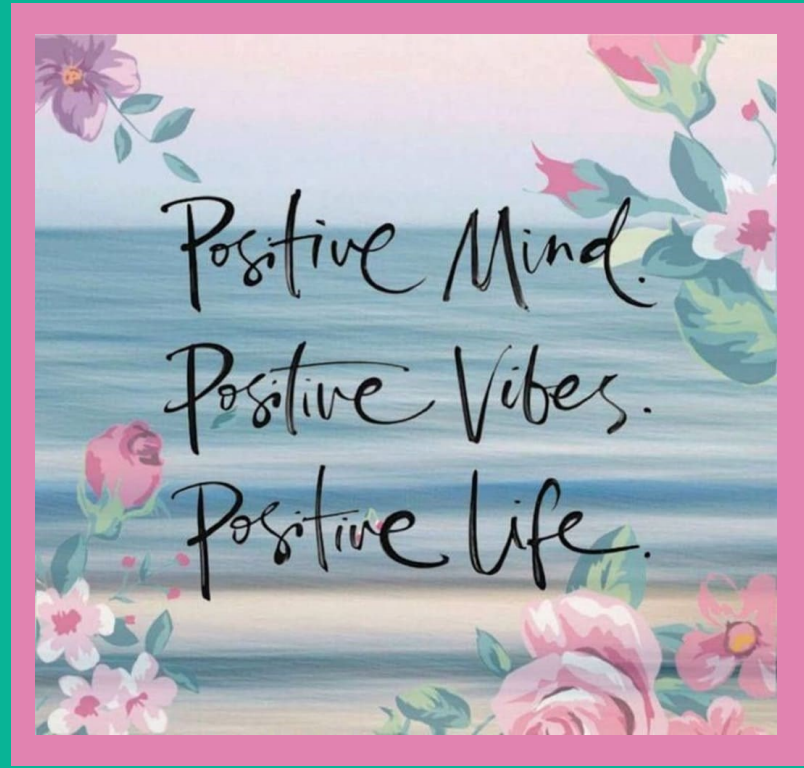
While we all know the hazards of spending too much time in the sun-like skin cancer, sunburns, and premature aging there are also many vital benefits of sun exposure. From bone and immune health to depression and Season Affective Disorder (SAD), sunlight offers powerful restorative, protective, and healing effects.

Skin cancer awareness campaigns of past several decades have been so successful that many people don't realize all of the good things time in the sun can do for the mind and body or the dangers of not getting enough sunlight.

Those warm, yellow rays help the body make Vitamin D, an essential nutrient the body needs to function properly. Vitamin D is essential for bone, heart, lung, dental, immune, nerve and muscular health, as well as for optimal mental health. Deficiencies in Vitamin D (and calcium) can cause serious conditions, such as bone disease. Also, those with lower levels of Vitamin D may be at a higher risk of a range of diseases such as cancer, diabetes, high blood pressure, and DEPRESSION.

For most people, SENSIBLE sunlight exposure and vitamin D intake are healthy, but there are some risks to be aware of-skin damage risk know your own personal risk factors and follow doctor's orders...

The grandmotherly refrain to "get outside and get some sun" is more than just an old wives' tale. Instead, sunlight offers enormous mental and physical health benefits that, for most of us, can be accessed simply by walking out the door! So, if you need a boost, go out and get yourself a regular jolt of liquid gold!



“Never regret anything that made you smile.”

Mark Twain