



june

Pilates Class: Basics

June 6, 2019 5:30-6:30 PM

Pilates Basics taught by a nationally certified classical Pilates instructor! Learn the benefits of Pilates, including how to breathe & and connect with your core, strengthen muscles, and improve overall balance and posture.

Health Talk: Alzheimer's and Brain Awareness

June 10, 2019 6:00-7:00 PM

Brain health plays a vital part in preventing Alzheimer's Disease. June is Alzheimer's and Brain Awareness Month. Join us in learning about how you can optimize your brain health in this free health talk.

Yoga Class: Fundamentals

June 12, 2019 5:30-6:45 PM

Yoga can be accessible for everybody if we learn to use the tools we already have! Join us for a class on the fundamentals of yoga with basic breathing techniques, proper alignment and centering oneself.

Pilates Class: Basics

June 20, 2019 5:30-6:30 PM

Pilates Basics taught by a nationally certified classical Pilates instructor! Learn the benefits of Pilates, including how to breathe & and connect with your core, strengthen muscles, and improve overall balance and posture.

Yoga Class: Fundamentals

June 26, 2019 5:30-6:45 PM

Yoga can be accessible for everybody if we learn to use the tools we already have! Join us for a class on the fundamentals of yoga with basic breathing techniques, proper alignment and centering oneself.

for more information about the wellness center visit us at:

www.gentnerchiro.com | 13702 Madison Avenue | Lakewood, OH 44107





JOIN US at the new Gentner Wellness Center

april may & june yoga workshops & lectures series

april

Health Talk: Seasonal Allergies

April 8, 2019 6-7 PM

Seasonal allergies making you dread the April showers and May flowers? Join us for a free health talk on how you can combat seasonal allergies with nutritional support and help alleviate allergy suffering this spring.

Yoga Class: Fundamentals

April 10, 2019 5:30-6:45 PM

Yoga can be accessible for everybody as we learn to use the tools we already have! Come and join us for a class on the fundamentals of yoga with basic breathing techniques, proper alignment and centering oneself.

Pilates Class: Basics

April 18, 2019 5:30-6:30 PM

Pilates Basics taught by a nationally certified classical Pilates instructor! Learn the benefits of Pilates, including how to breathe & and connect with your core, strengthen muscles, and improve overall balance and posture.

Yoga Class: Fundamentals

April 24, 2019 5:30-6:45 PM

Yoga can be accessible for everybody if we learn to use the tools we already have! Join us for a class on the fundamentals of yoga with basic breathing techniques, proper alignment and centering oneself.

may

Pilates Class: Basics

May 2, 2019 5:30-6:30 PM

Pilates Basics taught by a nationally certified classical Pilates instructor! Learn the benefits of Pilates, including how to breathe & and connect with your core, strengthen muscles, and improve overall balance and posture.

Better Sleep Workshop

May 6, 2019 6:30-7:30 PM

Did you know May is Better Sleep Month? Participate in our Better Sleep Workshop and learn about tips and tools you can use to improve how you sleep. This workshop is free of charge!

Yoga Class: Fundamentals

May 8, 2019 5:30-6:45 PM

Yoga can be accessible for everybody if we learn to use the tools we already have! Join us for a class on the fundamentals of yoga with basic breathing techniques, proper alignment and centering oneself.

Pilates Class: Basics

May 16, 2019 5:30-6:30 PM

Pilates Basics taught by a nationally certified classical Pilates instructor! Learn the benefits of Pilates, including how to breathe & and connect with your core, strengthen muscles, and improve overall balance and posture.

Yoga Class: Fundamentals

May 29, 2019 5:30-6:45 PM

Yoga can be accessible for everybody if we learn to use the tools we already have! Join us for a class on the fundamentals of yoga with basic breathing techniques, proper alignment and centering oneself.

