



Weekly Wellness Classes

Holy Cross Health Community Health & Well-Being Department is proud to announce the following Weekly Classes via Zoom:



Cathy Whitt, Community Wellness Specialist for Holy Cross Health Community Health & Well-Being has been in the fitness industry for over thirty years. Certified in Yoga and Pilates, she has been teaching students and adults in the Broward County School District in person and via Distance Learning. As a certified Diabetes Prevention Lifestyle Coach, health and wellness is a priority in her life and it is her mission to share her beliefs with the public. Her approach is to make health and wellness personal and fun, so it makes adopting healthy habits an easy adjustment.

For more information email:
catherine.whitt@holy-cross.com

Chair Yoga and Meditation

Take a break from work for 15 minutes. Move a bit, focus your mind and practice breathwork. Appropriate for all levels. Duration is 15 minutes.

Monday & Wednesday 12:00-12:15 PM EST

Link to Join:

<https://us06web.zoom.us/j/83667487265?pwd=NERBeS9RRWI5NlpKcldFU3QyUHF0QT09>



AM Yoga Stretch

Beginner class with focus on flexibility and strength. Gentle movements are appropriate for all fitness levels. Great way to start your day! Duration is 30 minutes.

Tuesday and Thursday 8:30-9:00 AM EST

Link to Join:

<https://us06web.zoom.us/j/86374435299?pwd=OXdPOEpUWIF1ZFpoWGVZVYStsMko5dz09>



Physical Activity Disclaimer

Holy Cross Health aka Holy Cross Hospital is concerned about your health and safety. Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Beginning Yoga, Chair Yoga and Family Yoga are very safe activities for most people. (Yoga is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back.). However, some people should receive medical clearance from their doctors before they begin exercising regularly. By logging on to Zoom to join this program provided by Holy Cross Health and Cathy Whitt you are assuming personal responsibility and do not hold Holy Cross Health or Cathy Whitt responsible for any injury or discomfort you may experience.