**Healthy Living Program Schedule **

***Note that \*EXERCISE IS NOT REQUIRED\* to participate in any of these sessions, however if you plan to exercise, we must have an active medical clearance on file, signed by your PCP within the last 12 months.***

**MONDAY**

11:00am-12:00pm: Therapeutic Yoga in partnership with Sun and Moon Yoga Studio on Zoom – open to registered participants only

12:10pm-12:30pm: Drop In Mindfulness Session on Zoom – drop in welcome! Open to all BHD participants!

3:00pm-4:00pm: Weekly Peer Led Wellness Workshop on Zoom – rotating topics – open to all HLP participants!

**TUESDAY**

12:10pm-12:30pm: **Drop In Mindfulness Session** on Zoom– drop in welcome! open to all BHD participants!

5:30pm-6:30pm: **HLP 5k Walk Group** HYBRID on Zoom and at W-L – open to HLP participants and County staff members!

**WEDNESDAY**

9:30am-10:20am: HLP Strength and Stretch – In person at Rocky Run Park - open to all HLP participants!

11:00am-11:50am: Charla Sobre Bienestar on Zoom – Spanish language community wellness chat – open to all HLP participants!

12:10pm-12:30pm: Drop In Mindfulness Session on Zoom – drop in welcome! open to all BHD participants!

2:00pm-3:00pm: Open Hours – In person at DPR community centers and APS pools – open to all HLP participants! Check the weekly reminder email for each week’s location!

**THURSDAY**

9:00am-9:30am: **HLP Walk/Stretch Group** HYBRID on Zoom and at Sequoia – open to all HLP participants!

12:10pm-12:30pm: **Drop In Mindfulness Session** on Zoom– drop in welcome! open to all BHD participants!

**FRIDAY**

11:00-12:00pm: HLP Gentle Movement Group on Zoom – open to all HLP participants!

3:00pm-4:00pm: HLP Freestyle Friday Peer Led Walk Group on Zoom – open to all HLP participants!

* **If you do not have access to computer or smart phone, you may also participate by PHONE only**

**Please email:** [**healthylivingprogram@arlingtonva.us**](mailto:healthylivingprogram@arlingtonva.us) **to request HLP Zoom Meeting IDs**