



Healthy Living Program Group Schedule

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

Contact us at healthylivingprogram@arlingtonva.us to learn more.

MONDAY

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

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

TUESDAY

2:00pm-3:00pm: **Drop In Peer Office Hours** in person at Sequoia 3, in the HLP Office. Open to HLP participants.

5:30pm-6:30pm: **HLP 5k Walk Group** HYBRID on Zoom and at W-L High School or Oak Grove Park, seasonally – open to HLP participants and County staff members! Check our weekly email to confirm current location.

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!

2:00pm-3:00pm: **Open Hours** – In person at DPR community center gyms – open to all HLP participants! Check the weekly reminder email for each week's location!

THURSDAY

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

FRIDAY

11:00-11:50am: **HLP Freestyle 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 a computer or smart phone, you may also participate by PHONE only.

Please email: healthylivingprogram@arlingtonva.us to request HLP Zoom Meeting IDs

Note that individual wellness sessions and peer coaching are scheduled individually with HLP staff.