

**How To Pre-Register**

Do It Yourself at  
[www.generationcare.org](http://www.generationcare.org)  
 or  
 Call 616.935.3300  
 or  
 Email Kat at  
[Kat@generationcare.org](mailto:Kat@generationcare.org)

# FEBRUARY 2010

## COMMUNITY HEALTH & WELLNESS EDUCATION

LifePoint

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <i>wellcare</i> Demonstration Aquacise Level 1 10:30pm	4	5
8	9	10	11 <b>Have a ♥ for Tanner! Benefit Concert 6:30pm</b>	12
15	16 <b>Community Free Day</b> Attend Unlimited WellCare Group Exercise Classes	17	18 <i>wellcare</i> Demonstration Hatha Vinyasa Yoga Level 1-2-3 10:30am	19
22 <i>wellcare</i> Demonstration Build Better Bones Level 1-2 10:30am	23	24	25 <i>wellcare</i> Demonstration Kickbox Level 1-2-3 5:30pm	26
 One choice. Endless possibilities. 16760 Lincoln Street Grand Haven, MI 49417				

Pre-Registration Required For Our FREE LifePoint Classes!  
 Online registration at [www.generationcare.org](http://www.generationcare.org) or call 616.935.3300

We take great pride in providing current, research-based information in our **LifePoint Community Education** classes. Your needs come first at Generation Care. Come see how we can help improve YOUR personal wellness and health through education. Take this opportunity to bring your friends and your family to participate in unlimited introduction classes at our new Grand Haven location. All classes will be led by qualified professionals for a minimum of 30 minute sessions. Each month we will offer a different variety of classes and demonstrations.

**Check our online calendars for LifePoint & WellCare at [www.generationcare.org](http://www.generationcare.org)!**

**Register online or call 616.935.3300. Be sure to submit an idea of your own via our website.**

## WellCare Demonstrations

### Aquacise

Using the buoyancy and thermal properties of aquatic therapy, total body exercise is offered in this group, geared at safe, gentle movement exercise specific for arthritis management. Participants should arrive 15 minutes early.

### Hatha Vinyasa Yoga

A mat class designed to increase mind body connections through continuous movement. Yoga poses flow in sequences connected with breath. No experience required.

### Kickbox

A kickbox class with high level cardio, strength and conditioning movements. Arms, chest, shoulders, legs, and buns. We hit it all in this class.

### Community "Free Day"

Come to any or all classes on this day for "FREE". Bring a friend or two and come experience what we have to offer in Wellness Classes!

### Build Better Bones

Designed to increase blood flow and strength to bone tissue. This class will use free weights, bands and exercise equipment. Has been known

### Have a Heart for Tanner

**Come hear, see and feel the musical talents of Mona Shores students!**

**Benefit Concert at Mona Shores High School Auditorium**

**February 11th at 6:30pm– Show starts at 7PM**

**Bake Sale**

**Silent Auction**

**50/50 Raffle**

**Tanner Gentry is an 11 year old, Mona Shores Middle School student continuing his recovery from a traumatic leg amputation in 2007. Tanner is an inspiration to anyone who meets him! Funds raised will be used to help him pursue sled hockey and adapted sports. Tickets available at all Generation Care locations. Tickets: \$7**