

Our Mission

The Working On Wellness Foundation is dedicated to providing accessible exercise opportunities for individuals who require movement to manage their health conditions. We offer free online seated and chair exercises specifically designed for those with mobility issues.

Our Programs

Our certified and experienced instructors lead all sessions, which can be done entirely from a seated position. We offer a variety of exercises focusing on cardio, upper body, lower body, core, balance, coordination, and hand strength.

Weekly Live Sessions

Join us on Zoom for our live classes. All sessions begin with a **15-minute social chat** to connect with our community. The exercise sessions begin at **11 AM ET, 10 AM CT, 9 AM MT, and 8 AM PT**.

Mondays: Seated/Chair Yoga Join Izzy for a full-body yoga workout that will stretch, relax, and energize you from head to toe.

Tuesdays: Seated/Chair Exercise (*Sponsored by the Multiple Sclerosis Foundation*) Instructors Karly and Tom lead varied workouts that include strength training, cardio, balance, and range of motion exercises for your hands, feet, and eyes.

Wednesdays: Seated/Chair Strength Training Lynette helps you build and maintain strength using dumbbells or an equivalent. Workouts include cardio and focus on your upper body, lower body, and core.

Thursdays: Seated/Chair Range of Motion Exercises Alex and Karly lead these sessions, which are perfect for individuals with Parkinson's or anyone with limited mobility. These classes use big, powerful movements to improve your brain-body connection.

Special Brain Health Program

Fridays: WITS Workout for Your Brain (*Live on Zoom Only*) Based on research that social connection and intellectual challenges support brain health, this interactive program from the **University of Illinois Extension** provides a variety of engaging brain games. This program starts at **11:30 AM ET, 10:30 AM CT, 9:30 AM MT, and 8:30 AM PT**.

How to Join

Subscribers receive weekly emails with direct links to our live Zoom sessions and all of our YouTube recordings. To subscribe for free, simply complete the Contact Form on our website at www.workingonwellnessfoundation.org.

Non-subscribers can still access our most recent and previous sessions on YouTube, thanks to our generous sponsors.



WORKING ON WELLNESS

FOUNDATION

Free Exercise

Live on Zoom - Monday - Friday
Anytime on YouTube

Mon:
Chair Yoga



Tue:
Seated Exercise



Wed:
Seated Strength Training



Fri:



**WITS
WORKOUT**

for your brain

Thu:
Seated Range of Motion/Parkinson's



www.workingonwellnessfoundation.org