

Our Mission

The Working On Wellness Foundation is dedicated to providing free, accessible exercise for individuals with limited mobility, chronic conditions, or disabilities—helping people keep moving, stay strong, and feel connected.

Our Programs

We offer **FREE online seated/chair exercise sessions**, available **live on Zoom and on YouTube**, led by experienced, certified instructors. All exercises can be done while seated and include:
cardio, strength, balance, coordination, range of motion, and more.

💬 Every Live on Zoom session begins with **15 minutes of community time**—because connection matters, too.

🧠 **Fridays (Live on Zoom ONLY): WOW Workout for your BRAIN!**

An engaging program focused on **brain health, memory, and community connection** through interactive challenges and activities.

How to Join

✅ **Subscriptions are FREE**

📧 Subscribers receive weekly emails with:

- Links to all **Live on Zoom sessions**
- Access to **ALL YouTube recordings**

👉 Subscribe at: www.workingonwellnessfoundation.org

Note: Only subscribers receive Zoom links. Non-subscribers can still view select sessions on YouTube.

Weekly Schedule (Live on Zoom)

🕒 All sessions:

11 AM ET | 10 AM CT | 9 AM MT | 8 AM PT

🧘 **Mondays – Chair Yoga (with Izzy)**

Stretch, relax, and energize your body from head to toe.

👊 **Tuesdays – Seated Exercise (with Karly or Tom)**

A full-body workout including strength, cardio, balance, and more.

🏋️ **Wednesdays – Strength Training (with Lynette)**

Build and maintain strength with cardio warm-ups and resistance exercises.

🔄 **Thursdays – Range of Motion (with Alex or Karly)**

Improve mobility, coordination, and flexibility—ideal for Parkinson's and limited mobility.

🧠 **Fridays – WOW Workout for your BRAIN (Zoom ONLY)**

Boost brain health through memory, problem-solving, and community engagement.

Move more. Connect more. Feel better.

All programs are made possible by 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:



for your brain

Thu:
Seated Range of Motion/Parkinson's



www.workingonwellnessfoundation.org