Join us for **VIRTUAL EXERCISE EVENTS**
led by Patrice Ware

Patrice Ware is a certified exercise professional with a passion for community wellness. She is experienced in creating engaging live and virtual programming.

**Homebound Chair Guided Workout**

This exercise class will consist of a combination of cardio and strength training with moderate moves that will warm your heart & body.

**February 20th, 2021**
**10:00 AM - 10:30 AM CST**

Register in advance for this meeting:
https://ucmedicinegroup.zoom.us/meeting/register/tJwpfuigqTgEtldzF7uM7wSAUm7ESBUD_KX

After registering, you will receive a confirmation email containing information about joining the meeting.

You’ll need a chair and 2 water bottles or canned goods available for the class.

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**Stretch and Flow**

This exercise class will consist of dynamic/static stretches purposed to work out those body kinks and enhance your range of motion.

**February 24th, 2021**
**11:00 AM - 11:30 AM CST**

Register in advance for this meeting:
https://ucmedicinegroup.zoom.us/meeting/register/tJUtf-GrzooE9BD1CA7s7IoZ-tlDUsk5P11

After registering, you will receive a confirmation email containing information about joining the meeting.

You’ll need a chair available for the class.