

WE@Topton


 The Wellness Edge at Topton
 




Jan. 1-March. 31, 2012

Wellness Schedule 2012 Q1





I. NATURAL MOVEMENT ACTIVITIES

Activity	Instructor	Day/Time	Location	Eligibility	Fee
Zumba  I. Move naturally	Melanie Sheetz & Terry Flamm Certified Zumba Instructors	Mondays and Wednesdays 4:15 to 5:15P	Henry Auditorium	LHT Residents LHT staff LHT Partners	\$5 per class <u>Free</u> to LHT residents
Zumba  I. Move naturally	Melanie Sheetz & Terry Flamm Certified Zumba Instructors	Tuesdays and Thursdays 6:00 to 7:00P	Henry Auditorium	LHT Residents LHT staff LHT Partners	\$5 per class <u>Free</u> to LHT residents
 FLOW (Yoga Stretches) I. Move naturally	Michele Post LHT Fitness Coordinator	Mondays 4:30 to 5:30P Thursdays 4:30 to 5:30P	Trexler Social Hall (Except the last Thursday of the month, when it will move to the Henry Auditorium)	LHT Residents LHT staff LHT Partners	\$3 per class or \$5 for two classes. (Note: LHT residents can access this class for free at other times.)
Self-guided Walking  I. Move naturally	Self Directed	All Week	Your place Walking diaries at are available from the Community Life Office, Contact 610-6821542 or wentzl@diakon.org	LHT Residents LHT staff LHT Partners	FREE!
Move to Music!  Seated or standing. I. Move naturally	Hosted by WE@Topton Steering Committee	Feb. 6 (Monday) 2:30- 3:30P	Henry Auditorium	LHT Residents LHT Affinity Members	FREE!

II NUTRITION ACTIVITIES

Activity	Instructor	Day/Time	Location	Eligibility	Fee
<p>Mediterranean Creations</p>  <p>Sample the cuisines of Greece, Italy, Turkey, Spain or North Africa during your lunch break.</p> <p>II. Eat Wisely</p>	<p>Hosted by the WE@Topton Steering Committee (Donated wellness oriented dishes welcome.) Contact wentzl@diakon.org 610-682-1542</p>	<p>Wed. March 7th</p> <p>11A-1P</p>	<p>Deibert Hall (Multi-purpose Room)</p>	<p>LHT Residents LHT staff LHT Partners</p>	<p>FREE</p>
<p>Love Your Heart</p> <p>Tasty and nutritious heart healthy edibles with recipes and preparation tips (samples available)</p>  <p>II. Eat Wisely</p>	<p>Mara Newman Morrison R.D.</p>	<p>Tues. Feb. 7</p> <p>11A-12:30P</p>	<p>HHCC Rotunda</p>	<p>LHT Residents LHT staff LHT Partners</p>	<p>FREE</p>
<p>Nutrition: WE@Topton Wellness Library</p>  <p>II. Eat Wisely</p>	<p>Community Life Office Books:</p> <ul style="list-style-type: none"> • <i>Blue Zones</i> • <i>In Defense of Food</i> • <i>The End of Overeating</i> • <i>Wellness Foods from A to Z</i> 	<p>Books can be taken out for a 2 week period</p>	<p>Community Life Office HHCC D-wing</p> <p>Contact wentzl@diakon.org 610-682-1542</p>	<p>LHT Residents LHT staff LHT Partners</p>	<p>FREE</p>
<p>Massage</p> <p>Wind down, de-stress, and relax with a therapeutic massage.</p> <p>III. Life with Purpose (pause and re-focus)</p>	<p>Christina Williams Licensed Massage Therapist</p>	<p>By Appointment only. 610-390-3587</p>	<p>LHT Massage Room- Buehrle Terrace Level</p>	<p>LHT Residents LHT Staff LHT Affinity Members</p>	<p>\$40 per ½ hr., \$45 per hour \$60 in home</p>

III. LIFE WITH PURPOSE

Activity	Instructor	Day/Time	Location	Eligibility	Fee
Film Discussion And Healthy Bites III. Life with Purpose	<i>The Boy in the Striped Pyjamas</i> Facilitator: Sue Fogel A compelling film based upon the novel by John Boyne that explores the Nazi internment from the eyes of two boys, one an inmate in the camp, and the other the son of the commandant.	Feb. 1 1:00-3:00P	Tower Court 2 nd floor lounge	LHT Residents LHT Partners	Free
Quit Tobacco Clear the Air (SM)  III. Life with Purpose	Highmark http://www.athighmark.com/phs/central/network.shtml	Look on HM website for closest location to you	Look on HM website for closest location to you	LHT Residents LHT staff LHT Partners	Free to Highmark Enrollees, modest fee to others
Weight Management Eat Well for Life 1 (SM)  III. Life with Purpose	Highmark http://www.athighmark.com/phs/central/network.shtml	Look on HM website for closest location to you	Look on HM website for closest location to you	LHT Residents LHT staff LHT Partners	Free to Highmark Enrollees, modest fee to others
Baby Blue Prints Pre-natal care  III. Life with Purpose	Highmark Call 1-800-345-3806 for a schedule of current classes.	TBD	TBD	LHT staff	TBD
Manage Stress Discover Relaxation Within 1(SM)  III. Life with Purpose	Highmark http://www.athighmark.com/phs/central/network.shtml	Look on HM website for closest location to you	Look on HM website for closest location to you	LHT Residents LHT staff LHT Partners	Free to Highmark Enrollees, modest fee to others

LHT Residents includes IL, PC and HHCC and those at Heilman House and Luther Meadows. LHT Partners includes LHT Affinity members, volunteers, members of area Lutheran Churches receiving this schedule and employees of Brandywine Heights Area School District. Call 610-682-1542 for more information or questions.