

TAKE CARE OF YOUR HEART

February is American Heart Health Month

**CONCORD
RECREATION**

CONCORD RECREATION IS HERE TO HELP YOU STAY HEALTHY.

Check out our FREE Heart Health Month Classes and Events

**CONCORD
RECREATION**

DATE	TIME	EVENT	LOCATION
2/1	12:35-1:00P	Rest and Restore with Guided Relaxations These simple practices are done lying down, and have been shown to have significant benefits for heart health, including: * stress reduction * lower heart rate * lower blood pressure * better sleep	Hunt MP Room
2/6	9:00-11:00A	Blood Pressure Screening	Beede Center
2/9	9:15-10:15A	Feel the Love Fitness: Gentle Flow Yoga Bring a partner and both participate for free!	Hunt MP Room
2/12	8:00-9:00A	Feel the Love Fitness: Total Conditioning Bring a partner and both participate for free!	Hunt MP Room
2/14	10:00A-12:00P	Yoga and Nutrition Workshop This workshop will review nutrition information on exercise, weight management and optimal health and a yoga session with carefully designed poses geared toward reducing stress, improving focus and increasing energy.	Beede Center Lobby
2/16	3:00-5:00P	Blood Pressure Screening	Beede Center
2/16	8:00-8:45A	Feel the Love AQUATICS Fitness: Warm Water Stretch Bring a partner and both participate for free!	Beede Therapy Pool
2/19	1:00-2:00PM	Feel the Love AQUATICS Fitness: Arthritis Foundation Bring a partner and both participate for free!	Beede Therapy Pool
2/22	12:35-1:00P	Rest and Restore with Guided Relaxations These simple practices are done lying down, and have been shown to have significant benefits for heart health, including: * stress reduction * lower heart rate * lower blood pressure * better sleep	Hunt MP Room
2/28	9:15-10:15A	Feel the Love Fitness: PiYo Bring a partner and both participate for free!	55 Church St.