



August 2022 Virtual Health Education/Fitness Programs

www.uncwellness.com

Parkinson Wellness Recovery (PWR!Moves) Virtual Program

August 3-31, Wednesdays and Fridays, 2:30-3:15 pm via Zoom

PWR!Moves is an evidence-based exercise program integrating whole body movements that can slow motor deterioration, improve symptoms, and increase quality of life in those living with Parkinson's disease. **UNC Wellness Members register in your member account or contact 919-957-5900 to register by July 28.** UNC/Rex Wellness Members \$85; Non-members \$105.

Eat Well and Age Well During Menopause – *Food for Thought Webinar*

August 16, 12:00 – 1:00 pm via Webex

Join this session with UNC Wellness Registered Dietitian Liz Watt to learn tips to include the best foods to manage menopause symptoms and keep you feeling your best. **Click here to register.**

Caregiver's Support Group

August 17, 12:00 – 1:30 pm via Zoom. The UNC Caregiver's Support Group's mission is to provide support, education, and advocacy for caregivers. Free for members and non-members. **Email Susan.Chesser@unhealth.unc.edu to register.**

NEW! Roll, Release and Relax

August 23, 6:00 – 6:45 pm or August 25, 12:00-12:45 pm

Join UNC Wellness Personal Trainers to learn self-massage followed by stretches with focused breathing to help you feel better, move better and provide relaxation. All you need is a small ball (eg. tennis ball), wall space, and a chair. Free for members and non-members. Click **here** to register for August 23 and **here** for August 25. Non-members enter **UNCRRR** for the UNC scan code.

The Effects of Long Covid - *Therapy Thursday Webinar*

August 25, 12:30-1:15 pm via WebEx. Free for members and non-members. **Join at this link:**

<https://unhealth.webex.com/meet/Evan>. Learn more **here** or contact **Evan.Adler@unhealth.unc.edu** with questions.

Surviving and Thriving Through the Tween and Teen Years

August 30, 12:15 – 1:00 pm via Webex

Join Rachel Rifkin, LCSW to learn specific skills and strategies to support tweens and teens as they navigate big emotions and challenging transitions. Free for members and non-members. **Click here to register.**

[Coffee with the Coach](#) will resume in September. Questions about these programs? Contact Health Education Manager Julie McNamara at **Julie.McNamara@unhealth.unc.edu** or 984-974-2571.