

# Health & Wellness

To register call Ximena @ [604-523-5421](tel:604-523-5421) or e-mail: [training@ufcw247.ca](mailto:training@ufcw247.ca)

UFCW 247 Training and Education Centre

544 Columbia Street, New Westminster, BC, V3L 1B1

**Cardio-Kickboxing:** With Fiona  
Great workout that helps you get in shape by combining cardio exercise and kickboxing  
Mondays, September 12-October 24, 2011, 6:15pm-7:15pm

**“Where did I put my Keys?”:**  
With Dr. Silverberg Ph.D., R. Psych.  
Be part of this seminar on brain health and cognitive aging.  
Learn to keep your memory sharp!  
Thursday, September 15, 2011, 6:30pm-8:30pm

**Zumba:** With Susi  
Latin inspired fitness program that involves dance and aerobic elements.  
Thursdays, September 15-October 20, 2011, 6:00pm-7:00pm OR  
Thursdays, November 03-December 8, 2011, 6:00pm-7:00pm

**Merengue & Foxtrot:** With Susi  
Learn the fast spins and smooth moves of these great dance styles.  
Mondays, November 7-December 5, 2011, 7:30pm-9:00pm OR  
Thursdays, November 03-December 08, 2011, 7:30pm-9:00pm

**Back to Life:** With Dr. Jakeman, D.C.  
Find out what are the causes of back and neck pain. Learn what you can do to minimize or eliminate it.  
Thursday, September 29, 2011, 6:30pm-8:00pm

**Emotional Freedom Techniques:** With Jackie  
Self healing technique based on the principles of acupressure. Are you stressed? Do you feel anxious? Can't lose weight? Get rid of your habit or phobia easily with this gentle, powerful method. Learn how easy it can be to gain relief from different physical and emotional issues using your fingertips to tap on specific acupressure points.  
Wednesdays, September 14 - 28, 2011, 6:30pm - 8:30pm

**Eat Well to Live Well:** With Scott  
Are you confused about what foods, supplements or meal plans are right for you? This workshop offers practical information that will help you improve your health, energy levels and even lose weight. You'll go home with cutting edge tools to help you experience the power of food.  
Wednesdays, October 12 - November 16, 2011, 6:00pm - 8:00pm

**Boot Camp:** With Jennifer  
This class is outdoors and combines strength, core and cardio training.  
Mondays, September 12-October 03, 2011, 5:30pm-6:30pm OR  
Wednesdays, September 14-October 05, 2011, 6:00pm-7:00pm OR  
Wednesdays, October 26-November 16, 2011, 6:00pm-7:00pm

**Self Defense:** With Fiona  
Become more aware of possible dangers and learn to defend yourself!  
All techniques are taught in a relaxed and encouraging environment.  
Mondays, November 07-December 05, 2011, 6:15pm-7:15pm

**Belly Dancing:** With Jennifer  
Have fun learning the exotic moves of this dance while gaining flexibility, grace and poise.  
Tuesdays, September 13-October 18, 2011, 7:30pm-8:45pm OR  
Tuesdays, November 01-December 06, 2011, 7:30pm-8:45pm

**Salsa and Bachata:** With Susi  
Learn the flirtatious moves of the Salsa and the slow, sensual steps of the Bachata.  
Mondays, September 12-October 24, 2011, 7:30pm-9:00pm OR  
Thursdays, September 15 - October 20, 2011, 7:30pm-9:00pm

**Yoga for Strength and Flexibility:** With Joanne  
Some yoga experience necessary  
Practice correct breathing, yoga postures and balancing exercises.  
Build your core strength. Help reduce stress.  
\*Please bring a yoga mat  
Tuesdays, September 13-October 25, 2011, 5:30pm-7:00pm OR  
Tuesdays, November 01-December 13, 2011, 5:30pm-7:00pm

**Hatha Yoga:** With Antonella / Kasia  
Great for beginners to learn basic poses, breathing exercises and relaxation techniques. The practice focuses on strengthening the body, enhancing flexibility, calming the mind and attaining mental peace.  
\*Please bring a yoga mat.  
Wednesday **Mornings**, September 28-October 19, 2011, 9:30am-10:20am OR  
Wednesdays, September 14-October 19, 2011, 7:30pm-8:30pm OR  
Wednesdays, November 02-December 07, 2011, 7:30pm-8:30pm