

New Group: Living Solo

Led by Michelle Toussaint, PhD

Held every Saturday from 12:00 pm- 1:00 pm starting May 2nd

Managing our lives during COVID - especially the physical distancing from our friends, supporters, and communities - is difficult for all. Living alone presents additional and unique challenges. This virtual group gathers those who are single and/or living alone to support each other and work together on identifying, understanding, and managing these challenges, with a focus on understanding our thoughts, feelings, and consequent behaviors, including (but not limited to) weight and health management.

Cost: *Included as part of packages, or \$65 for others.*

New: Fitness Classes

Led by Allison Rose

- ❖ **Feeling Strong...for Every Body** (*Held every Tuesday from 7:30 am- 8:15 am starting May 5th*)
 - ❖ Feeling strong is important for body and mind. This 45-minute, guided, gentle, online exercise class is aimed at 1) helping those who are new to basic strength training, and 2) those who have had a hard time adjusting their exercise plan during COVID and would benefit from a re-introduction to basic strength training exercises at home. This gentle class is designed so that no experience with exercise or strength training is needed to participate. Exercises can be done with bodyweight alone, with light weights (such as a dumbbell or resistance band, if available), or using household items (such as a soup can). Each session will end with a short meditation or moment of reflection. We hope this class will help you to feel a bit stronger and have a sense of accomplishment to kick off your day.

- ❖ **Strong and Fit** (*Held every Friday from 4:00 pm- 4:45 pm starting May 8th*)
 - ❖ This 45-minute class is designed for those who have some strength training experience. Beyond basic exercises, this class is intended to focus on all major muscle groups and work up a sweat! Basic cardio drills will be included with bodyweight exercises and dumbbells (if available; household items such as a soup can work well, too) or resistance bands. The session will end with a cool down period with relaxing stretches.

Cost: First two classes on 5/5 and 5/8 are FREE! Subsequent sessions are included as part of packages, or \$35 for others. Please contact the front desk to reserve your spot!

Yoga... for Every Body!

Come relax and unwind with Yoga!

Instructor: Amie DiTomasso, MPH

May Schedule

- ❖ Every Wednesday from 6:30 pm- 7:15 pm
- ❖ Every Saturday from 1:00 pm- 1:45 pm



**Private one-on-one sessions are available. For further inquiries please contact our front desk team.*

Cost: *Included as part of packages, or \$20 for others. Reserve your spot today!*
communications@nationalweight.org

Coping with COVID

*Led by Bill Picon, PhD and Michelle Toussaint, PhD
Held every Tuesday (Bill) from 5:30 pm – 6:30 pm and
every Sunday (Michelle) from 10:00 am- 11:00 am*

In the midst of an outpouring of resources and offerings to guide and support people in the challenging task of coping with COVID 19, we are mindful that there are specific challenges for people also working hard to maintain a positive orientation to weight management. We are also mindful that we are a community. The idea of this group is to gather our community in order to share together how we are coping – both with the virus and with weight management.

Please let us know if you would like to attend. Thank you.

Cost: *Included as part of packages, or \$65 for others.*

Nutrition Class: Meals for 1 or 2

*Led by Nicole Brown, MS, RDN, LD ACSM EP-C
Saturday, May 16th from 11:00 am- 11:45 am*

❖ Topics include:

- Meal planning
- How to cook once and eat twice
- What can I freeze for the future?
- Tasty and healthful meals for 1 or 2 Recipes
- Meal templates and shopping list templates will be provided

Cost: *Included as part of packages, or \$35 for others.
Please register with the front desk by **Thursday, May 14th***

Weekly Meditation Sessions

Please join us for our free meditation sessions to help jump start your morning, create a midday break or wind down your day. These take place Monday through Friday at the following times:

❖ Morning Session:

- Mondays, Wednesdays and Fridays at 7:45 am
- Tuesdays and Thursdays at 8:45 am

❖ Midday Session:

- Every Thursday at 12 pm

❖ Evening Sessions:

- Mondays, Wednesdays and Fridays at 5:15 pm
- Tuesdays and Thursdays at 6:45 pm

- Links for these sessions are emailed every Sunday evening. If you would like to be added to this list please contact our front desk at 202-223-3077 or communications@nationalweight.org

Cost: *In lieu of a fee, we ask that you make a small donation to a charity or cause of your choice.*

PROTOCOL FOR VIRTUAL GROUPS/CLASSES

- All groups/classes will take place via virtual meeting (Zoom) until further notice.
- Group links will be sent from the group leader **within 24 hours** of the scheduled session.
- When joining a meeting, please arrive on time, and plan to stay for the full duration of the class to avoid disrupting other group members.
- Please take a few minutes before the group meeting to setup your Zoom access for the first time. For a quick 1-minute video demonstration, [click here](#) or follow the instructions below.

- ENTERING THE GROUP MEETING:

- Before entering your scheduled meeting you will be prompted to enter a display name.
Please enter your first name and first letter of last name to verify your attendance.

- JOIN FROM MOBILE DEVICE (APPLE/ANDROID/IPAD):

- If you are joining from a mobile device you will be prompted to download the Zoom Meetings app from the App/Play Store.
- To attend via telephone, select “Phone Call”, dial the number as shown and enter the Meeting ID when prompted.

- JOIN FROM YOUR COMPUTER:

- If you are joining from a computer you will be prompted to either open Zoom or to download and install a small application file.
- To attend via computer, select “Computer Audio,” while in the meeting use the controls that allow you to mute/unmute your microphone or toggle your video on and off.