EDUCATION & EXERCISE
IN YOUR OWN HOME!

While the COVID-19 pandemic has decreased the ability to get out and get healthy, HealthPRO® Heritage is bringing wellness directly to YOU. Our HealthyLiving program is built on the six dimensions of wellness: physical, social, vocational, emotional, intellectual & spiritual. And we’re taking it to the next level…

INTRODUCING: HealthyLiving On-the-Go

Education and exercise opportunities for you to enjoy in the comfort of your own home, so you can continue physical distancing and stay well.

| Our library of wellness materials can be accessed on the following: |
| --- | --- | --- | --- |
| Desktop | Laptop | Tablet | Smartphone |
| Go to www.YouTube.com | Search: HealthPRO Heritage | Open the YouTube app | Search: HealthPRO Heritage |

Topics for Week 1:
- The Best Defense Against Germs
- Laughter is the Best Medicine
- Chair Zumba Exercise Classes

Topics for Week 2:
- Brain Fitness
- Hydration and You
- Morning Stretch Exercise Classes

With enough interest, we would love to continue! If you enjoy our videos:
- Comment on our YouTube videos
- Go to healthpro-heritage.com/GO and fill out the Feedback Form
- Tell your Executive Director