

Health and Wellness Week

May 15 (Mon) – May 20 (Sat), 2023

DASH Diet Taster and Educational Session (45 min)

Monday, May 15th, 6pm

Learn about the DASH Diet and how it benefits blood pressure, lipid levels, weight loss, and reducing the risk of Type II diabetes and heart disease. Participants will be able to sample 4 DASH dishes and can win 1 of 3 DASH cookbooks. Limited to 30 participants.

Free and open to the public. To sign up, email Jason Brumitt at jbrumitt@georgefox.edu.

YOGA Session

Tuesday, May 16th, 6pm

Yoga is a great exercise for improving strength and flexibility. This session is open for adults of all ages regardless of skill level. Limited to 20 participants.

Free and open to the public. To sign up, email Jason Brumitt at jbrumitt@georgefox.edu.

High Fitness

Wednesday, May 17th, 6pm

High fitness is modern aerobics to music you know and love. Experience results of high intensity interval training while having fun. Strategic mix of cardio, strength training, and barre to maximize effectiveness of workout. Options available for every fitness level. Class is hosted by GFU PA faculty Dr. Erika Barber, MD. Limited to 20 participants.

Free and open to the public. To sign up, email Jason Brumitt at jbrumitt@georgefox.edu

Sports Nutrition

Thursday, May 18th, 6pm (45 min)

Fueling the body helps to build strength and provide energy. Learn evidence supported strategies to maximize performance and sample 4 meals. This class will be led by Jason Brumitt, PhD. Dr. Brumitt is a physical therapist, athletic trainer, and is certified sports nutrition coach. Limited to 30 participants.

Free and open to the public. To sign up, email Jason Brumitt at jbrumitt@georgefox.edu.

Pool-a-Palooza

Saturday, May 20th, 3:30 pm - 4:35

Pool-A-Palooza is an event that provides a fun and safe space for kids to enjoy time in the water. This event is open to all kids 18 and under, including those with all varieties of disabilities. George Fox DPT faculty and students will be in the water to offer support for your kids and to ensure they have an absolute blast. This event is free.

To enroll your child please sign up on the Google link at: <https://forms.gle/m7Z8X6q28jKo96zb6>