



# It's Zoom Time

**It's Your Choice    You Have The Power**

**Why let this coronavirus dictate who you can exercise with.**

Based on the core values of appreciating one's own body and moving with other people, Lana Romeo, Health & Wellness Coordinator at the Pike County Area Agency on Aging is offering programs to promote greater mobility, self-confidence, physical awareness, social interaction together but apart, expressiveness in movement, and a greater sense of meaning.

**Sessions include:**

Warm-up

Exercises for seated and standing participants

Tai Chi for Arthritis

Dance exercise

Cool-down

At certain times we will be ending with a Meditation session

A Healthy Life starts with **YOU**. The Power is **Yours**. Take control Of Your Health.

**MAKE A CHOICE-LIVE HEALTHY.** Be Active, Eat Healthy and Live a better Life. You Are The Only One That Has The Power To Do This

**Please join Lana in having fun and socializing with others in the convenience of your own home via a Zoom session. Starting Wednesdays, May 13<sup>th</sup> 1:30 pm to 2:30 pm. You will need an e-mail to join us. Please contact [kdantuono@pikepa.org](mailto:kdantuono@pikepa.org) or call 570-775-5550 for the Zoon details.**

Things needed: stretch bands, or pantyhose or a towel. 1 pound weights or 2 cans of soup. A ball about 24 inches around or a firm pillow.

Your attire something you are comfortable in so you can move freely. Please no birthday suit.

Tell your friends to come join us. **All of this being offered to you for the cost of Free!!!** That is correct, for Free.

Now what is your excuse for not living a healthier life and having fun doing it?

Please Zoom in we would love to see you or talk to you.

Lana

Pike County Area Agency on Aging  
570-775-5550