



Health PEI
EMPLOYEE WELLNESS TEAM

SUMMER

MOVEMENT

SERIES

JULY 23RD - SEPTEMBER 3RD

The Health PEI Employee Wellness Team is offering a 7-week online Summer Movement Series. This series will include movements such as Pilates, Yoga, Strengthening, Stretching, and Meditation.

Beginning July 23RD, every Tuesday, a new video will be circulated and uploaded to the Health PEI Employee Wellness Team Page on the SRC: <https://src.healthpei.ca/health-pei-employee-wellness-team>

CHECK OUT THE SCHEDULE BELOW:

JULY 23 • Mat Pilates

JULY 30 • Strength

AUGUST 6 • Mat Pilates

AUGUST 13 • Stretching & Warm Up for Work

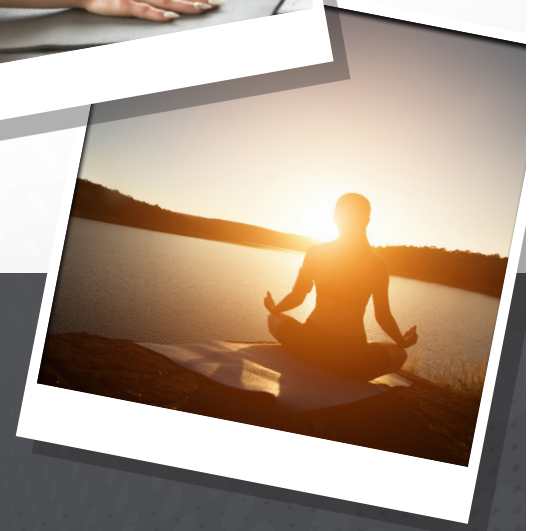
AUGUST 20 • Meditation

AUGUST 27 • Standing Pilates

SEPTEMBER 3 • Yoga

Try the classes on your own time at home or during break at work to do with your co-workers!

Don't forget to send pictures of you and/or your co-workers participating in this series to hpeiemployeewellness@ihis.org



Health PEI
EMPLOYEE WELLNESS TEAM