

# Journey to Wellness



## Pilates & Yoga

Gina Murray & Tanis Lopez  
Bring Your Own Mat

## Yoga for Parkinson's

Funda Cetinkaya & Nick Cherup  
Chair Modification Version

## Live Music

Provided by the  
Frost School of Music

## Free Community Wellness Event

Date: Saturday, April 14th

Time: 11.30am – 2.30pm | Free Parking

Location: 5555 Ponce de Leon

The Lennar Foundation Medical Center

RSVP @ Event Brite UHealth – Journey to Wellness

## Wellness Activities

- o Raffle Prizes and Free Health Screenings
- o Healthy Food Sampling, Cooking & Work Out Demo
- o Guest Speaker: *The V Word Removing Ambiguity About What Veganism Is*
- o UHealth Experts in Academic Medicine: Cardiology, Diabetes, Registered Dietician and Bascom Palmer
- o Mindfulness Techniques for Guided Meditation
- o CommUnity Garden Club for Benefits of Spice Herbs, Medicinal Herbs and Aroma Therapy
- o Pilates & Yoga 1.30pm-2.30pm

## Series Awareness Contributors

### Parkinson's Awareness Month

Parkinson's Disease & Movement Disorder Center  
Department of Kinesiology & Sport Sciences  
Frost School of Music

### Public Health Awareness Month

School of Nursing & Health Studies

### Journey to Wellness Contributors

Bunnie Cakes  
Camp Kesem Miami  
CommUnity Garden Club  
Courtney's Cookies  
Cryo Body Spa  
Deliver Lean  
Fresh Is Better

FloYo  
Grit Miami  
Miami Vice City Rollers  
Miami Seaquarium  
Mindfulness U  
Metropolis Fitness  
Plant Miami

Raw Juice  
Soul Cycle  
Small Tea Co  
Spartan Detox  
Sobe Kick  
Trader Joe's  
Zoo Miami