

Free Group Sessions Fall Schedule

Healthy Active Living with Kaley Veerman, Physiotherapist

Tuesday 4:30PM Thursday 3:00PM

Wellness/nutritional Classes with Shauna Jones, Nurse/Janelle Wilson, PA/Vanessa Edwards, PA

Monday 1PM

Tuesday 11AM

Thursday 12PM and 4PM

Friday 12PM

Spanish Nutrition Classes with Vanessa Edwards, PA

Wednesday 12:00PM

Thursday 11:00AM

Yoga with Lynda Clifford

Functional Movement (Introduction to yoga + stretching)

Monday 2:30PM Thursday 1:00PM

Hatha Yoga (Body/Mind/Spirit)

Wednesday 2:30PM

Meditation

Tuesday 3:45PM

Chronic Pain with Alex Ryzhykh, Rehab Therapist

GROUPS: Monday 9:00AM – 1:00

(Direct billing available for 1 on 1 session)

You can also sign up for a class by emailing us at: mmchealthandwellness@gmail.com

Visit our website and share your experience or offer ideas for additional classes:
Mapleviewmedicalclinic.com and you can win a prize for Me & My Anti Aging and Rejuvenation Spa.