

## **Health & Wellness Webinar Series**

### **Cabin Fever Concert: Sounds of the 60's**

**Wednesday, February 24, 2021 at 1 p.m. via Zoom**

Local Capital District Musician, Mike McMann, will perform a selection of songs from the '60's. Wear your favorite 60's garb, bring you memorabilia and memories and join Mike and Emcee, Jim Larson for a fun cabin fever relieving concert to be enjoyed on your favorite couch or armchair.

**[CLICK HERE TO REGISTER IN ADVANCE FOR Cabin Fever Concert: Sounds of the 60's](#)**

### **Chair Yoga**

**Wednesday, March 3, 2021 at 1 p.m. via Zoom**

Certified Kripalu Yoga Instructor Geralyn O'Reilly will guide you through a chair yoga session designed to boost your immune system, strengthen your core, relieve stress and anxiety and increase your energy level. All movement can be done seated or standing with chair used for support. The session will begin with focus and attention to breath, gentle warm-ups and flow through yoga movements and end with five to ten minutes of deep relaxation. Participants to provide their own straight-back chair, preferably with no arms.

**[CLICK HERE TO REGISTER IN ADVANCE FOR Chair Yoga](#)**

### **Getting Ready for Spring Gardening**

**Wednesday, March 10th at 1pm via Zoom**

This Spring let's set ourselves up for success. Join Capital Roots' Garden Educator, Amanda Vrsalovic, for a virtual class that will discuss ways to prepare your garden plot and yourself for the upcoming growing season. We'll explore how to plan your plot, prep your soil, and warm up your mind and body for gardening.

*Since 1975, Capital Roots has been working to reduce the impact of poor nutrition on public health in the Capital District Region. We organize community gardens, improve access to healthy food, offer nutrition and horticulture education for all ages and coordinate urban greening programs throughout the four-county region. For more information, go to our website at [www.capitalroots.org](http://www.capitalroots.org). You can also find us on Facebook, Twitter and Instagram.*

**[CLICK HERE TO REGISTER IN ADVANCE FOR Getting Ready for Spring Gardening](#)**

### **Total Body Fitness: Spring Training Workout**

**Wednesday, March 17th at 1pm via Zoom**

Staying at home doesn't mean you can't stay fit. Join AFAA spinning instructor, Susan Lafond, for a 45-minute, strength-conditioning interval workout to re-energize an active lifestyle and fight the Quarantine 15. No equipment is needed, but hand weights are optional. The low-impact, aerobic session is appropriate for all ability levels.

*Presenter: Susan Lafond (AFAA certified Primary Group Exercise Instructor/Level II Spinning Instructor)  
Susan Lafond is an AFAA certified Primary Group Exercise instructor and Level II Spinning® instructor with Mad Dogg Athletics with a long history in public education and working with adults. With her love for music, creativity, and attention to detail, she is a website publishing team member of Indoor Cycling Association for profiles, playlists and song contributions. Susan carefully adheres to proper fitness guidelines rather than contraindicatory movements in order to maximize results while building foundational skills. She inspires others to develop and work toward achieving their long-term fitness goals while providing the best experience in the safest environment.*

**[CLICK HERE TO REGISTER IN ADVANCE FOR Total Body Fitness: Spring Training Workout](#)**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

**CONNECT, ENGAGE & LEARN**