

Healthy Living Fair

INVER GROVE HEIGHTS PARKS & RECREATION



WEDNESDAY, APRIL 19

Growing Fit Together

Veterans Memorial Community Center

9 a.m.–noon



Discover ways to care for yourself while caring for our planet. Attend free fitness classes, presentations, and visit vendor booths with information on adult health and wellness.

Fitness Classes

- 8 a.m. » Sculpt & Stretch » STUDIO
- 9 a.m. » Boot Camp » WEST TURF
- 9 a.m. » SilverSneakers
COMMUNITY ROOM 3
- 9:30 a.m. » Yoga Fitness II » STUDIO
- 10 a.m. » Tai Chi Express
TRX ROOM
- 11:30 a.m. » Line Dancing » STUDIO

Presentations & Classes

9:15 a.m. » Gardening: Replant, Repair & Reuse
Marsha McCain, Master Gardener
» COMMUNITY ROOM 2

9:30 a.m. » Community Volunteer Opportunities
Diane Erickson, Inver Grove Heights
Volunteer Coordinator
Ashley Lushinsky, Lutheran Social Service of
Minnesota, Caregiver & Companion Services
Heather Heier, Living Well Disability Services
» COMMUNITY ROOM 1

10:15 a.m. » Spring Forward with Healthy Habits
Julie Hill, Inspired Thinking, LLC, VMCC Fitness
Instructor » COMMUNITY ROOM 2

10:30 a.m. » Declutter Your Home Sustainably
Valerie Cady, Winnow & Spruce Organizing
» COMMUNITY ROOM 1

**11:15 a.m. » Estate Planning: Securing your
Assets for Future Generations**
Jeff Litfin, Generations Legal Services
» COMMUNITY ROOM 2

11:30 a.m. » Ways to Save on Home Energy
Home Energy Squad » COMMUNITY ROOM 1

www.ighmn.gov/events



VETERANS MEMORIAL COMMUNITY CENTER
8055 Barbara Avenue, Inver Grove Heights

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