



CITY OF LYNCHBURG WELLNESS CHAMPIONS

CURRENT GROUPS AND ACTIVITIES



FALL BOWLING LEAGUE

One of the City's most popular leagues, Bowling will be back this fall! Start thinking about getting your team back together or creating one of your own. ***The deadline is Wednesday, August 24.*** Call Terry Hutchens at x6028 today!

WALK WEDNESDAYS AT E.C. GLASS

Get ready for the 4 Miler!

Every Wednesday at 5:30 you can walk or run the Virginia 4 Miler course from E.C. Glass to Randolph College while hanging out with colleagues. Contact Michelle Jackson at x4202 to make arrangements for carpooling. **weather permitting*

YOGA AT WORK

Back by popular demand! Yoga at Work with Leslie Davis will be offered weekly through October 11. All classes will be held on Tuesdays from 11:30 a.m. to 12:30 p.m. and the locations are listed below.

ALL SKILL LEVELS WELCOME, sign up on EDGE today!



August 23rd:	Human Services 5th Floor Training Room
August 30th:	City Hall 2nd Floor Training Room
September 6th:	Fire Administration Training Room
September 13th:	City Hall 2nd Floor Training Room
September 20th:	Human Services 5th Floor Training Room
September 27th:	City Hall 2nd Floor Training Room
October 4th:	Fire Administration Training Room
October 11th:	City Hall 2nd Floor Training Room

Visit our website: [www.lynchburgva.gov/wellness-champions](http://www Lynchburgva.gov/wellness-champions)
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