SPOTLIGHT

After polling both classes, and 4 live sessions, H&W has decided to move our weekly workouts to pre-written so that everyone can participate on their own time! We will try to include different style of workouts in the newsletter for you to try! Again, to the right is the weekly group exercise class schedule through GW! Cara, a second year, teaches the HIIT class on Thursday evenings so be sure to check it out and support her :)

RECIEPE OF THE WEEK

https://minimalistbaker.com/simple-french-style-potato-salad/

This French style potato salad is a family favorite for a summer BBQ at my house! The light and tangy dressing offers a healthier (& vegan) alternative to traditional potato salad! I like to use red, yellow, and purple potatoes to give the dish even more color! - Ange
WELLNESS TIP OF THE WEEK

If you are interested at all in yoga and how it could be used to help you or your patients, take some time to watch and participate in the recorded session with Linda Lang. The whole recording is an hour but you can take the 15 minute modules one at a time and pick out what works for you! Discover the power of a full, deep breath :)