



Daily Wellness Tools for **YOU** Program

Weekly, live and virtual. Ongoing self-help support.

Meditation

Monday 12:15 – 12:45 pm

Fitness

Friday 10:00 - 10:30 am

Yoga - Therapeutic Chair

12:15 - 12:45 pm

Tuesday - Level 1

Wednesday - Level 2

Thursday - Level 3

Culinary Medicine/Nutrition

Friday 12:15 - 12:45 pm

two times per month

(see event page for dates)

All sessions will be held via the Webex platform,
registration is required at:

clevelandclinic.org/CILMevents