



Take a step
toward better health
— **literally!**

Be Well Wareham!



Ashwini Sahni, MD, *Cardiologist*
Jody Reeves, NP
Rhonda May (*certified yoga teacher*)
Ayla Canaran (*vegan chef*)

Walks start at 8:30 a.m.

Gleason YMCA

33 Charge Pond Rd, Wareham, MA 02571

2019 SCHEDULE

January 26	July 27
February 23	August 24
March 23	September 28
April 27	October 26
May 25	November 16
June 22	December 14

EVENT SCHEDULE

8:30 to 9 am	Walk
9 to 9:30 am	Chair yoga
9:30 to 10 am	Meditation
10 to 10:30 am	Nutrition

Be Well Wareham is a wellness partnership of Southcoast Health, YMCA Southcoast and the regional coalition, Voices for a Healthy Southcoast.

Be Well Wareham features a FREE monthly walk with a doctor followed by a yoga, meditation and nutrition class at the Gleason Family YMCA.

The walk will be led by Ashwini Sahni, MD, a cardiologist with Southcoast Health.

No registration necessary.

For questions, please call (508) 973-5273.



 **Southcoast® Health**

More than medicine.