



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 8:30am

Gleason YMCA

33 Charge Pond Rd, Wareham, MA

2021 SCHEDULE

June 26

October 23

July 24

November 13

August 28

December 11

September 25

EVENT SCHEDULE

Walk begins at 8:30am, followed by chair yoga, meditation, and nutrition.

Be Well Wareham is a wellness partnership between Southcoast Health and YMCA 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.

