



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

<b>June 26</b>	<b>October 23</b>
<b>July 24</b>	<b>November 13</b>
<b>August 28</b>	<b>December 11</b>
<b>September 25</b>	

#### EVENT SCHEDULE

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

