

# Health & Wellness Class Schedule – Winter 2020

## New Classes Start JANUARY

<p><b><i>Healthy Steps in Motion</i></b> Encompass Health Rehab 1632 Morgantown Road, Reading, PA. 19607 Mondays &amp; Thursdays, 1/6/20-2/27/20, 1pm-2pm</p>
<p><b><i>Matter of Balance</i></b> PSU St. Joseph's Exeter Health 3970 Perkiomen Avenue, Reading, PA. 19606 Wednesdays, 1/8/20-2/26/20, 1pm-3pm</p>
<p><b><i>Matter of Balance</i></b> Tower Health Rehab 2802 Papermill Road, Wyomissing, PA. 19610 Mondays, 1/20/20-3/9/20, 1pm-3pm</p>
<p><b><i>Healthy Steps in Motion</i></b> Wernersville BE Center 350 Sportsman Road, Wernersville, PA. 19565 Tuesdays &amp; Fridays, 1/21/20-3/17/20, 1:30pm-2:30pm</p>
<p><b><i>Walk with Ease</i></b> Alvernia University Flynn Plex 400 Saint Bernardine Street, Reading, PA 19607 Mon, Wed, Fri, 1/27/20-3/9/20, 11am-12pm</p>

## New Classes Start MARCH

<p><b><i>Matter of Balance</i></b> Encompass Health Rehab 1632 Morgantown Road, Reading, PA. 19607 Mondays, 3/2/20-4/27/20, 1pm-3pm</p>
<p><b><i>Matter of Balance</i></b> Alvernia University 400 Saint Bernardine Street, Reading, PA 19607 Tuesdays, 3/3/20-4/21/20, 1pm-3pm</p>
<p><b><i>Living Well with Diabetes</i></b> Encompass Health Rehab 1632 Morgantown Road, Reading, PA. 19607 Thursdays, 3/5/20-4/9/20, 1pm-3:30pm</p>
<p><b><i>Matter of Balance</i></b> PSU St. Joseph's Exeter Health 3970 Perkiomen Avenue, Reading, PA. 19606 Wednesdays, 3/11/4/29/20, 1pm-3pm</p>
<p><b><i>Healthy Steps in Motion</i></b> New Life Bible Fellowship Church, Oley 2960 W Philadelphia Ave, Oley, PA 19547 Wednesdays &amp; Fridays, 3/18/20-5/20/20, 9am-10am</p>
<p><b><i>Matter of Balance</i></b> Tower Health Rehab 2802 Papermill Road, Wyomissing, PA. 19610 Fridays, 3/20/20-4/29/20, 1pm-3pm</p>
<p><b><i>Matter of Balance</i></b> Tower Health Rehab 2802 Papermill Road, Wyomissing, PA. 19610 Mondays, 3/23/20-5/11/20, 1pm-3pm</p>
<p><b><i>Walk with Ease</i></b> Alvernia University Flynn Plex 400 Saint Bernardine Street, Reading, PA 19607 Mon, Wed, Fri, 3/23/20-5/6/20, 11am-12pm</p>

## New Classes Start FEBRUARY

<p><b><i>Healthy Steps in Motion</i></b> Strausstown BE Center 44 East Avenue, Suite 5, Bernville, PA. 19559 Tuesdays &amp; Thursdays, 2/4/20-3/31/20, 10:30am-11:30am</p>
<p><b><i>Living Well with Diabetes</i></b> Keystone Villa at Fleetwood 501 Hoch Road, Blandon, PA. 19510 Wednesdays, 2/5/20-3/11/20, 9am-11:30am</p>

**FREE, but requires registration!** Call Kathy Roberts: 610-374-3195, ext. 230

Email: [kroberts@berksencore.org](mailto:kroberts@berksencore.org)