



Day	Time	Class
Tuesday	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain	Functional Strength (30 minutes)
Wednesday	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain	Maximize Your Memory (30 minutes)
Thursday	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain	Meditation and Mindfulness (30 minutes)

GRS Live Virtual Wellness Classes for Residents

Classes incorporate the entire mind-body-wellness approach

Location for all classes: [Click Here](#)

Class Descriptions:

Functional Strength

Have fun and move through a variety of seated exercises designed to increase muscular strength, range of movement, and activities for daily living. You are welcome to bring a dumbbell, hand held weight, or a can of soup for resistance.

Maximize your Memory

Interactive brain health classes to support your cognitive wellness!

Meditation and Mindfulness

Enjoy Guided meditation including wellness strategies and a weekly mantra.



Contact your local Genesis Rehab Services therapy team onsite
Corporate Office: 101 E. State Street, Kennett Square, PA 19348 • genesisrehab.com