January 2014 - HEALTHY MINDS, HEALTHY BODIES CALENDAR!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 LIBRARY CLOSED	2	3	4
5	Zumba for Kids & Parents 5pm Zumba for Teens & Adults 6pm	7	8 Yoga for Kids & Parents 5pm Yoga for Teens & Adults 6pm	9 Healthy Resolutions 6pm "Eat a Healthier Diet" -Eliminating Foods that cause stress with Dr. Constance Greene, 7pm	10 Family Yoga with Yoga Mark 10am	11
12	Zumba for Kids & Parents 5pm Zumba for Teens & Adults 6pm	14	Yoga for Kids & Parents 5pm Yoga for Teens & Adults 6pm	-Healthy Resolutions 6pm "Reduce Stress/Stay Positive" -Dr. "Z" 7 pm	17	18
19	20 LIBRARY CLOSED M L King Day	21	Yoga for Kids & Parents 5pm Yoga for Teens & Adults 6pm	-Healthy Resolutions 6pm "Get Active"	24	25
26	Zumba for Kids & Parents 5pm Zumba for Teens & Adults 6pm	28	Yoga for Kids & Parents 5pm Yoga for Teens & Adults 6pm	30	31	Healthy Resolutions "Maintain Healthy Behaviors" on Thursday, February 6 th at 6pm

Beat the Winter Blues – Get out and Exercise at the Norwalk Public Library:

For every healthy program on this calendar that you attend you can put your name in a raffle drawing. We will draw a winner at the end of March for a fantastic fitness prize. The more Zumba, Yoga and other "Healthy" programs that you attend, the better chance you have to win!

Dr. "Z"- How Body Composition Impacts Autoimmune Disease and Chroic Inflammation - Join Dr. Robert Zembroski at the Norwalk Public Library on Thursday January 16th at 7 PM, as he discusses autoimmune disorders and chronic inflammation and how it relates to body composition. Dr. Z will highlight the most common root causes of autoimmune disease and other chronic illnesses. He will share the latest in scientific research on how to reverse inflammatory conditions and how to rebuild after diagnosis. Hear excerpts from his soon to be released book "Rebuild: with Dr. Z's Body Composition Diet".

Eliminating Foods That Cause Stress with Dr. Constance Greene. Thursday, January 9th at 7 PM. Dr. Greene will discuss how you can feel great and look great by beating stress naturally. She will talk about selective foods that will help tame your stress.

Family Yoga with Yoga Mark - Parents and children of all ages will enjoy fun yoga moves and games.

Healthy Resolutions - Have you made a New Year's resolution to be healthier in 2014? Whether you want to stick to a healthier diet, get more exercise, reduce your stress, or lose weight, the Norwalk Public Library and the Norwalk Health Department have some tips to help you succeed! Join us for "Healthy Resolutions", a four-week program held on Thursday evenings, starting January 2, from 6 – 7 pm at the Norwalk Library, main branch. The Healthy Resolutions program will focus on a different healthy resolution each week. Each week is connected to the last and includes group discussion and support, giveaways, and the skills-building you need to kick start a healthier 2014. Attend all four sessions for a chance to win a fantastic fitness prize!

Yoga for Kids & Parents – Learn some Yoga moves for stretching, exercising and relaxation. Meant for children ages 3 to 12 and their caregivers.

Yoga for Teens & Adults – A free yoga class for teens and adults ages 12 and up!

Zumba for Kids & Parents - It's a dance party and kids are invited to move to the music with their parents!

Zumba for Teens & Adults – Join us for some high-energy, high-intensity dance moves for a fun way to get in your cardio for the day.