



**BE WELL
ROSEVILLE**

Workshop Schedule

| | <i>Riley Meeting Room 1</i> | <i>Riley Meeting Room 2</i> | <i>RSC Fitness Room</i> |
|----------|--|---|---|
| 8:30 am | Estate Planning <i>Ali Goff</i> | Relaxation Meditation Techniques <i>Jody Martin</i> | Chair Fitness <i>MaryAnn DiPietro</i> |
| 9:15 am | Active Aging <i>Marissa Payne</i> | Plant Based Nutrition <i>Jody Martin</i> | Posture & Balance <i>MaryAnn DiPietro</i> |
| 10:00 am | Roseville Meal Prep <i>Ramona Ravanera</i> | Chair Fitness <i>Alicia Pesce</i> | Pulmonary Excercise <i>MaryAnn DiPietro</i> |
| 10:45 am | Licensed Professional Fiduciary <i>Lori Cochrane</i> | Relaxation Meditation Techniques <i>Alicia Pesce</i> | Pulmonary Excercise <i>MaryAnn DiPietro</i> |
| 11:30 am | Active Aging <i>Marissa Payne</i> | Chair Yoga <i>Jessica White</i> | Posture & Balance <i>MaryAnn DiPietro</i> |
| 12:15 pm | Estate Planning <i>Ali Goff</i> | Relaxation Meditation Techniques <i>Jessica White</i> | Chair Fitness <i>Ceren Pasaoglu</i> |
| 1:00 pm | Licensed Professional Fiduciary <i>Lori Cochrane</i> | Roseville Meal Prep <i>Ramona Ravanera</i> | Posture & Balance <i>Ceren Pasaoglu</i> |