

WEEK	WORKSHOP	DATE/TIME	ZOOM LINK	DESCRIPTION
1	WORKSHOP 1: Dancing to The Beat	Thursday, 1/21 5:00-6:00 PM	https://us02web.zoom.us/j/84567890123	Proper warm up and cool down stretching technics. Learn basic dance moves applicable to all songs.
	WORKSHOP 2: Bringing out the Artist in Me	Friday, 1/22 3:00-4:00 PM	https://us02web.zoom.us/j/90123456789	Have fun learning the basics in drawing various winter pics!
2	WORKSHIP 1: Family Health Forum	Monday, 1/25 6:00-7:00	https://us02web.zoom.us/j/12345678901	Family Health Forums are designed to bring together families of Special Olympics athletes and health care professionals to engage in insightful conversations.
	WORKSHOP 2: Taste Test Tuesday	Tuesday, 1/26 6:00-7:00 PM	https://us02web.zoom.us/j/23456789012	Whip up a delicious recipe on Tuesday's. Grab your ingredients and learn some tasty new options to spice up your kitchen!
	WORKSHOP 3: Fun Fitness with Friends	Thursday, 1/28 4:00-5:00 PM	https://us02web.zoom.us/j/34567890123	Join us and workout with friends and athletes from across the state as our personal trainers take us through an exciting, 45 minute workout! We are going to be crushing our fitness goals!
3	WORKSHOP 1: Mindfulness and How to Cope with Stress	Thursday, 2/4 1:00-2:00 PM	https://us02web.zoom.us/j/45678901234	Health Messenger, Michele Stedman, will lead participants through different Strong Minds activities and strategies she uses to cope with stress. You will have a chance to practice these skills together and get advice from Michele!
	WORKSHOP 2: Interactive Game Night	Friday, 2/5 4:00-5:00 PM	https://us02web.zoom.us/j/56789012345	Join others in playing virtual games like Bingo, 20 questions, Pictionary, and so much more!
4	WORKSHOP 1: Fitness Goal Setting	Wednesday, 2/10 5:00-6:00 PM	https://us02web.zoom.us/j/67890123456	Join Health Messenger, Cami Mayon, to learn how to set a fitness goal you can keep!
5	WORKSHOP 1: How to keep healthy and hydrated during COVID	Tuesday, 2/16 5:00-6:00 PM	https://us02web.zoom.us/j/78901234567	Keeping a healthy lifestyle is hard, it is even harder during COVID. Health Messenger Matthew Thiele will share his best tips for exercising and keeping hydrated at home.



VIRTUAL RESOURCE FAIR

WEEKLY WORKSHOP INFORMATION

	WORKSHOP 2: Paint a Pet	Thursday, 2/18 5:00-6:00 PM	https://us02web.zoom.us/j/84421234567	This will be a coloring page activity. Think of it as a paint and sip minus the sip!
6	WORKSHOP 1: Chill-Out Yoga	Wednesday, 2/24 2:30-3:30 PM	https://us02web.zoom.us/j/91234567890	Find your Zen with this beginner level Yoga Class. Learn to align, strengthen and promote flexibility in the body, while also working on you breathing techniques.
	WORKSHOP 2: Interactive Game Night	Friday, 2/26 4:00-5:00 PM	https://us02web.zoom.us/j/12345678901	Join others in playing virtual games like Bingo, 20 questions, Pictionary, and so much more!
7	WORKSHOP 1: Ready, Set, Hydrate! (Nutrition Education Session #1)	Monday, 3/1 5:00-6:00	https://us02web.zoom.us/j/23456789012	Did you know you can hydrate with more than just water? Join us to learn about different ways to hydrate, both for sports and in your daily life. We will also be making a fruit-infused water and sports drink. All you need to bring is sparkling or regular water, and a fruit or veggie that you would like to put in it. We recommend berries, lemons, limes, oranges, cucumbers, or mint. You can also just watch us, then try your own at home later!
	WORKSHOP 2: Grocery Games: Nutrition on a Budget (Nutrition Education Session #2)	Thursday, 3/4 5:00-6:00 PM	https://us02web.zoom.us/j/34567890123	Grocery shopping can feel overwhelming, but with these tips and tricks you'll be a pro in no time! Join us for an interactive Zoom session where we will discuss a few tools you can use at the grocery store. Together, we will identify low-cost, long-lasting, and nutritious foods that can fuel your sports performance.
8	WORKSHOP 1: Dancing to The Beat	Wednesday, 3/10 2:00-3:00 PM	https://us02web.zoom.us/j/45678901234	Proper warm up and cool down stretching technics. Learn basic dance moves applicable to all songs.
	WORKSHOP 2: Bringing out the Artist in Me	Friday, 3/12 5:00-6:00 PM	https://us02web.zoom.us/j/56789012345	Have fun learning the basics in drawing various winter pics!