

**J**oin Rutgers University's Office of University–Community Partnership's Advocates for Healthy Living (AHLI) and our Greater Newark Community Partners for five weeks of virtual sessions geared towards living your best life during COVID19.



**Living  
Your Best Life  
during  
COVID19**



**REGISTRATION  
REQUIRED**  
Full Schedule Available  
on Registration Site  
Register at—

[oucp.newark.rutgers.edu/AHLI-2020](https://oucp.newark.rutgers.edu/AHLI-2020)

# Living Your Best Life → **Virtually**

## **Eat, Drink, and Be Healthy**

Get fit, stay in shape, meditate, eat great, enjoy your favorite *oldies but goodies*, and performances by award-winning jazz artists, all in the comfort of your own home.

**Mon., Wed., Fri., July 6–August 7, 2020 (session times may vary)**

### **Meditation, Motivation & Music Mondays**

- Guided Meditation
- Motivation/Inspirational Talks
  - Music Therapy
- Musical Entertainment provided by: Antoinette Montague and Leisa, the One Woman Band

### **Wellness Workshop Wednesdays**

- Panel Discussion with Medical and Research Experts
- Diabetes Prevention & Education
  - Ask the Doctor
- A Conversation with University Hospital Medical Specialists & CEO

### **Fun, Fitness & Food Fridays**

- Sit & Fit and Zumba by Crystal Gaynor
- Cooking Tips from the American Heart Association, Rutgers–Newark Gourmet Dining, and ScreenNJ
- Therapeutic Gardening

## **Greater Newark Community Partners**

American Heart Association; City of Newark-Recreation, Cultural Affairs and Senior Services; East Orange Senior Services; Essex County Division of Senior Services; Greater Newark Conservancy; Greater Newark Healthcare Coalition; Hillside Senior Services; Mental Health Association in New Jersey; New Community Corporation; New Hope Baptist Church; North Jersey Black Clergy; Rotary Club of NJ; Rutgers Cancer Institute of New Jersey; Rutgers Global Health Institute; Rutgers Institute for Health, Health Care Policy and Aging Research; Rutgers–Newark Gourmet Dining; Rutgers, New Jersey Medical School; Rutgers School of Public Affairs and Administration; ScreenNJ; *The Positive Community Magazine*; University Hospital; Urban Healthcare Initiative Program; West Ward Community Coalition; Woman in Media-Newark, Caresparc Consulting, Inc.