

WELLNESS WEDNESDAY

No/Low Cost Health and Wellness Resources



In Crisis?
Call: Dial 9-8-8
Online: 988lifeline.org



Spring Clean Your Life: Three Steps to the Life You Want Presented over Zoom on Monday, March 20 from 7-8 p.m.

Motivational speaker and author Constance Hallinan Lagan will present her webinar "Spring Clean Your Life: Three Steps to the Life You Want." The topics covered will include habit formation, cognitive theory of change, mindfulness, acceptance, responsibility and implementation. To join the webinar please visit the [Hingham Public Library Website](#) and register to receive the Zoom link.



Fitness Classes



- **Yoga:** Six days a week from 8:30-9:30 a.m. Classes are held both remotely and in person for \$10.
- **Spin:** Held on Mondays and Wednesdays at 4:45 p.m. and Thursdays at 6:30 p.m. for \$10.
- **Dance Fitness:** Tuesdays at 9:30 a.m.

All classes are held at the Hingham Recreation Department, 210 Central St. For registration information [click here](#).

Eating for Your Mind, Body and Brain as You Age

Tuesday, March 28 at 1:30 p.m. at the Hingham Senior Center, 224 Central St.

Celebrate National Nutrition Month with the Hingham Senior Center and the Cordwainer Memory Care of Norwell. Director of Community Relations Shari Flight will discuss the impact nutrition has on your mind, body and brain as you age. Dining Director Sean Robinson will prepare a nutritious meal for participants to enjoy.

Registration is required by calling 781-741-1458. Priority is given to Hingham Senior residents.

Reading Programs

Saturday mornings from 10:30-11:30 a.m., Hingham Public Library, 66 Leavitt St.

- **Read to a Therapy Dog:** For ages five and up, this program provides a supportive environment where children develop literacy skills, confidence and self-esteem.
- **Listening Teams:** 15-minute reading sessions for children ages five and up

For more information on reading programs [click here](#).

