

# WELLNESS WEDNESDAY

## Resources For Residents Seeking

## Mental Health - Related Assistance



In Crisis?  
Call the 988 Suicide &  
Crisis lifeline  
988lifeline.org



### Yoga at the Hingham Rec Center

Yoga classes will all be held in the Rec Studio located at 210 Central Street. \$10 per class. All classes will remain at 8:30am with their same instructors: Vin Yoga - Mondays with Carolyn / Hatha Yoga - Tuesdays with Kathy / Hatha Yoga-Wednesdays with Jen / Hatha Yoga-Thursdays with Carolyn / Hatha Yoga Saturdays are on a rotating schedule with Carolyn, Jen and Kathy. Register here (you may need to create an account if you do not already have one):

[https://hinghamma.myrec.com/info/activities/program\\_details.aspx?ProgramID=29856](https://hinghamma.myrec.com/info/activities/program_details.aspx?ProgramID=29856)

### Public Health Series: Heart Health

Tuesday, February 13, 2024 (Free)



Join the Hingham Public Health Nurse Teresa Flynn at the Hingham Public Library for the first in a series of programs throughout 2024 that aim to provide helpful information and resources regarding various health topics. Our February meeting will focus on heart health and will be held in the Whiton Room on Tuesday 2/13 from 7 - 8pm. No registration required. Contact for Public Health Nurse (781) 804-2371

### The Boston Parks Fitness Series (in person or virtual)

Runs until April 6, 2024, In - person or Virtual Registration required. Check out the full schedule and register here: [Parks Fitness Series | Boston.gov](#)



The Boston Parks Fitness Series is offering free fitness programming in Boston Parks. Join either in-person or virtually for classes led by certified fitness instructors. Classes include: Zumba, Yoga, Cardio-Kickboxing, Chair Yoga and more. Contact for event: Jennifer Misiaszek (617) 635-4505 or [Jennifer.Misiaszek@Boston.gov](mailto:Jennifer.Misiaszek@Boston.gov)

### Lunar New Year Lantern Walk at World's End

Saturday, February 10, 2024, 5 - 6pm, 6 - 7pm, 7 - 8pm, 0 Martins Lane, Hingham. Cost (per carload): Member - \$28, Non - Member - \$35



Join us for an enchanting Lunar New Year Lantern Walk, where the night comes alive with the glow of lanterns and the warmth of community. Enjoy hot chocolate at the Wakemann O'Donnell Center, decorate your own luminaries and write your wishes for the year. Then bundle up for the lantern-lit walk up to Planter's Hill to place your luminary. Registration required here:

<https://tickets.thetrustees.org/calendar/6596db426cd1e4772cc4acaa?view=list>