



## **Physical Wellness Program**

The Physical Wellness Program at LifeWise StL is dedicated to promoting holistic health and well-being. We provide a variety of fitness classes, including circuit training, Zumba, yoga, and cardio dance. These offerings are designed to offer participants the opportunity they need to achieve their wellness objectives.

## **Wish List**

- grocery & gas gift cards
- stainless steel water bottles
- exercise balls
- stretch bands
- quality jump ropes
- 1 or 2 pound handheld weights
- tennis shoes
- sports bras
- leggings
- exercise clothing/gear

## **Contact Us**

To ensure that your donation is directed to your desired program, please reach out to Sarah Caldera Wimmer, Director of Emotional & Physical Wellness, at [scaldera@lifewisestl.org](mailto:scaldera@lifewisestl.org) or 314-260-6382 prior to donating. Thank you!