

YOU BELONG HERE

THE OFFICIAL NEWSLETTER OF KROC ATLANTA

January 2021



Thank You!



Over 2000 children and seniors and 800+ families received Christmas gifts through our Angel Tree program in 2020. This was all due to the generosity of donors in Greater Atlanta and helpful spirit of volunteers who helped to set up and distribute these gifts.

Thank you, Atlanta, for your giving heart - whether it be time, money, or other resources. We could not do what we do with you you!

If you are interested in donating your time or other resources, please follow us on Facebook at "Kroc Center of Atlanta".

WHAT'S NEW

YOGA RETURNING

FITNESS CHALLENGE

ANGEL TREE APPRECIATION





Yoga Classes

According to Hopkinsmedicine.org, there are many benefits from spending time practicing yoga. These include improving strength and balance, relieving back pain, easing symptoms of arthritis, improving heart health, deeper relaxation and better sleep, more energy and brighter moods, stress management, and connection to a community. In a time when stress is sky high, days are shorter, isolation is common, and everything is uncertain, yoga can be a way to stay healthier and happier.

Kroc Atlanta is beginning yoga classes once again. These classes will be taught by a professional and located in the gym where everyone can be sufficiently spaced to maintain health and safety.

Classes will be Wednesday and Friday at 10:00am.

Sign ups have begun! Call (404) 638-7220 for more information.

Love Your Body Fitness Challenge

Winter can often be a time of change: Seasons, daylight hours, temperature, WEIGHT. Many of us gain weight during the winter months - not because we are readying ourselves to hibernate, but instead due to stress, depression, holidays, and a million other reasons! When summer begins to roll around, we scramble to get our bodies ready in time. However, those winter pounds are often stubborn after sitting on our hips for three months.

To help kickstart our evictions of those intrusive pounds, we challenge you to the "Love Your Body Challenge". Come in and work out at least 3 days per week during the month of February and you will receive a t-shirt to commemorate your head start on the summer! Of course, the real reward is knowing that you are keeping your body healthy - both with the weight coming off and warding away of the winter illnesses that love to show up when we least expect them!

Call (404) 638-7220 to register for the Love Your Body Challenge today!

"Sometimes the most productive thing you can do is RELAX."

-- Mark Black

