April 2020 Event Calendar
Due to the public health concern of COVID-19, all SLI Neuro-Wellness spring classes are cancelled. This month’s event calendar features virtual classes for those who would still like to stay active and engage their brains while at home!

Expressive Arts - Just because you’re stuck at home doesn’t mean you can’t get creative!
- 17 Easy Art Projects Anyone Can Make: https://www.youtube.com/watch?v=CqA7ybAwbc
- 3 Easy DIY Canvas Art - Home Décor: https://www.youtube.com/watch?v=JtvRS7-AeyY
- The Virtual Instructor – Learn to Draw and Paint: https://thevirtualinstructor.com/
- The Virtual Instructor YouTube Channel: https://www.youtube.com/channel/UCULpiAa8nIl_e68yS9VVjHq

Healthy Cooking - Easy, healthy meals anyone can make in their own kitchen!
- 4 Meals Anyone Can Make: https://www.youtube.com/watch?v=URdx9rFlbC
- One Pot Vegetarian Meals: https://www.youtube.com/watch?v=v-TtVvilah4
- 4 Easy Meals to Start Cooking: https://www.youtube.com/watch?v=WEDndTCyGgU
- Egg Muffins (3 Ways) - Healthy Breakfast Meal Prep Recipe: https://www.youtube.com/watch?v=6ZgPCxQ6gC0
- 3 Delicious Heart Healthy Recipes: https://www.youtube.com/watch?v=gdIvJ0kmJd4

Chair Yoga - Remember to keep moving, stay engaged, and stay healthy!
- Yoga For Seniors – Chair Stretches for Pain Relief, Relaxation, Joint Health, Flexibility, Stress: https://www.youtube.com/watch?v=3ZvmKOPoFVo
- Workout At Home – Chair Yoga: https://www.youtube.com/watch?v=tOAW2EdGgY8
- Chair Yoga Total Body Stretch – Happy Yoga: https://www.youtube.com/watch?v=GVu8h6O5oDo
- 30 Minute Yoga for Injury (Chair Yoga) – All Levels Non-Impact Yoga Flow: https://www.youtube.com/watch?v=FRqj2w24cHU

Just For Laughs - During these times, it’s incredibly important to keep laughing 😊
- Best Family Friendly Jokes: https://www.youtube.com/watch?v=Je0u0gh8z5A
- Laughter is the Best Medicine – David Cruz TED Talk: https://www.youtube.com/watch?v=PIMrpfviozk
- Laughter Yoga: https://www.youtube.com/watch?v=4p4d20afivk

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