

Calendar of Events

For more details on any of the Santa Fe activities, visit:

www.SpreadtheHealthSantaFe.org or contact:

Sharon Tolleson, 955.9417 /info@whssf.org



Special Event Launch

Thursday, May 5 @ 11:30, La Fonda Hotel

Women's Health Services First Annual Women's Health Leadership Award Luncheon

Honoring: NM Senator Nancy Rodriguez and Paula Devitt, RN

Cost: \$75; Contact: whsmarketing@whssf.org/955.9417

Sunday, May 8 @2pm

Most events FREE

WHS Mother's Day Community Walk– Celebrate Santa Fe Women & Girls!

2 pm Walk starts from: **Women's Health Services/901 W. Alameda, Suite 25**

Music, Dance, Face Painting, Health Screenings, Bodywork, Jumpy Castle, and Food—Raffle for local biz prizes

All week—mention Spread the Health Santa Fe!

- Genoveva Chavez Community Center: Free Class Passes—including Zumba, Nia, Cardio Jam, Cardio Cycling—Discounts, GCCC Weight Room Tours/ www.chavezcenter.com
- Pomegranate Dance Studio: Class Discounts www.pomegranatestudio.org
- Herbs Etc: Discounts on Women's Health Products/ www.herbsetc.com

Monday, May 9

- 5:30pm: CardioCycling @ GCCC (need pass for free class from WHS/ available at Mother's Day Walk)

Tuesday, May 10

- Studio Nia: Tuesday, May 10—ALL DAY, classes free, [studioniasf@gmail.com/505 984 9853](mailto:studioniasf@gmail.com)
- 5:30pm: Zumba @ GCCC (need pass for free class from WHS/ available at Mother's Day Walk)
- 6pm: WHS Living Well class: Catching up on PAP and Mammogram Guidelines with Dr. Lynn Bickley

Wed, May 11

- 5:30pm: CardioJam @ GCCC (need pass for free class from WHS/ available at Mother's Day Walk)
- 6pm: Living Well class: Stress reduction and Energy Medicine with Carolyn Silver

Thursday, May 12

- WHS—1-5pm: Check-up Day! Free screenings at Women's Health Services
- 5:30pm: Nia @ GCCC (need pass for free class from WHS/ available at Mother's Day Walk)
- 6pm: Planned Parenthood-- Plan Jam PARTY—Discussion & Music about Reproductive Health

Saturday, May 14

- 1:30-2:30: New Moms! Making Mom Strong: Good posture, pelvic floor and lower abdominal strengthening with all activities. Free. New moms with 6 week clearance for exercise by their physician or midwife. Babies <6mo ok. Location: Santa Fe Sports Med at El Gancho Fitness Center. Limited space. Please call to reserve your spot. 505-992-4995
- 3-4pm: Decrease Knee Injuries: Teen-aged girls, learn exercises to keep your knees strong. Free. Location: Santa Fe Sports Med at El Gancho Fitness Center. Limited space. Please call to reserve your spot. 505-992-4995

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