



## **Tellico Village Recreation Department News for March 2019**

### **FREE Injury Assessments**

There are now 2 chances to receive free onsite injury assessments at the Wellness Center every week. Did we mention you don't even have to be a member of the Recreation Department to take advantage of the awesome service? You don't! On Tuesdays from 10 am to 12 pm, join a board-certified Physical Therapist from BenchMark Physical Therapy. Can't make it on Tuesday? Then try again on Wednesday from 10 am to 12 pm and meet with a licensed Athletic Trainer from Tennessee Orthopedic Clinic. One great service, two fantastic opportunities.

### **MS Support Group**

Join this group on the 3rd Tuesday of every month at the Thai Bistro and enjoy the support of other individuals, families and caregivers who are impacted by MS. For more info, call Pat Garrett @ 423-884-5555 or Vickie St. John at 513-477-0453.

### **REC 101**

Join Lindsey Allison on March 19<sup>th</sup> in the Wellness Center conference room at 12:30 pm for 2019's first REC 101. Learn everything you need to know about being a member of the Recreation Department and more.

### **Shirts for Sale**

New Recreation Department shirts will be on sale at the Wellness Center front desk soon. Sizes small through XXL are available and there are several colors to choose from. Prices are \$12.00 each or 2 for \$20.00.

### **Advancing in Yoga Clinic is Back to Stay**

Join Jackie Economy on Thursdays at 5:15 pm for Advancing in Yoga. This exciting class is geared towards the yoga student who wishes to challenge themselves in a safe environment and push themselves a little bit out of their comfort zone.

This class will offer variations of poses to challenge the student at a moderate level, while working on improving core strength, flexibility and balance. Build your confidence as you build your strength and ability.  
Knowledge of basic asanas is required.

### **Weight Equipment Orientations**

Orientations on the proper use of the cardiovascular and weight equipment will be provided @ 2pm on :

**Wednesday, March 6<sup>th</sup>**

**Wednesday, March 13<sup>th</sup>**

**Tuesday, March 19<sup>th</sup>**

**Tuesday, March 26<sup>th</sup>**

## Floor Training Continues in March

Join Bill Butera on Mondays, Tuesdays and Wednesdays from 9 am to 11 am. If you are not an early bird, we have a few other chances for you to catch that worm! Throw your questions Jackie Economy's way on Tuesday and Thursday afternoons between 2 pm and 4 pm or on Saturday mornings from 8 am to 11 Am. If you have any questions about how to start or where you are going in your wellness journey this January, our fabulous floors trainers are a great place to start. And it's available to you at no additional charge!

## Donations

The Chota Rec Center and Wellness Center are currently drop off locations for books for the Annual Friends of the Library Book Sale. Remember that, if you are dropping off large quantities of books, please do so at the library itself.

As always, the Chota Rec Center and Wellness Center continue to be a drop point for school supplies for Loudon County elementary schools.

## Lunch and Learn

Mark your calendars for March 5<sup>th</sup> at 12 pm for a special Lunch and Learn about Hearing and Sinus Health. This seminar is presented by the Greater Knoxville ENT and features Audiologist Danielle King and ENT Dr. Joseph White. It's two seminars for the price of one.

Please contact the Chota Rec Center @ 458-06779 to sign up in advance.

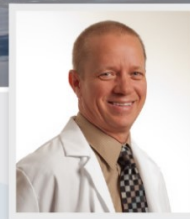
## TELLICO VILLAGE WELLNESS CENTER



### FREE SCREENING FOR VARICOSE VEINS

March 11, 2019, 7am-11am

Light refreshments will be served.



Keith E. Campbell, M.D., R.V.T.



TENNESSEE  
VEIN CENTER

(865) 233-5858

Sign ups  
are not  
required.

Please  
remember  
to wear  
shorts for  
these free  
ultrasound  
screenings.