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jointheturn.org

Hello Turn Members!

We are excited to help improve your golf and fitness again this week at our interactive virtual clinics!

The February Calendar is now available at jointheturn.org. This monthly calendar will show all the different programs offered throughout the month and will include other special days including Turn members birthdays. To access the calendar, go to jointheturn.org, click on the Member Newsletter and Updates banner at the top of the page. Once you are on that page, scroll down just below the weekly ZOOM links and click on DOWNLOAD VIRTUAL FEBRUARY CALENDAR to open the document for viewing or printing.

Anyone needing Zoom tech support can contact Shellie and we will schedule a time to virtually meet with you to try and help resolve your issues.

Time is running out to register for the first installment of our annual Educational Guest Speaker series on Thursday February 18th at 11:00 AM. The speaker is our Yoga Instructor Judith Eugene and the topic is:

### **Introduction to Holistic Health Care**

Members will learn about the physical, mental and emotional benefits of yoga, Tai Chi, Reiki, Feng Shui and meditation. Learn how these different techniques help to improve health and well-being, as well as promote relaxation and stress-relief.

As of now, this session is scheduled to be conducted via ZOOM ONLY but there is a possibility that we may be able to have Members attend in person as well. If you would like to attend this installment of our Education Series, you can register by contacting Shellie. As of now this presentation will be conducted via Zoom. Please remember our yoga sessions are being conducted on Thursdays so please register for yoga through Vagaro or by contacting Shellie. This is a great time of year to get back into yoga or try yoga for the first time.

As a reminder, please send in any questions or topics that would like to be discussed during our clinics and we will see if we can find ways to work them in. They should be emailed to Trevor at thazen@jointheturn.org.

Lastly, will need the following items for the clinics this week. If you do not have them, it is ok, you are still able to participate:

**Sturdy Chair (hard seat and back preferred)**  
**Light weights/exercise band/soup cans**  
**Rolled up towel**  
**Water**  
**Alignment rod**  
**Golf Club(s) – Putter and Wedge**  
**Golf Ball**

Please remember, you are allowed to attend more than one clinic session throughout the week.

We can't wait to see you this week-

*The Turn Staff*

