



**AHM Youth & Family Services is very excited to announce the start of our NEW Health Matters Program!**

Health Matters is a mind and body wellness program developed by AHM's Leadership, Mental Health and Prevention Teams; funded by a Grant from the Cigna Foundation.

Over the course of the next eight months, members of your household will have the opportunity to participate in activities and workshops that will focus on healthy engagement activities!

**The Health Matters Program has three phases of virtual, online programming – each with a different focus:**

- Phase 1 focuses on the Self
- Phase 2 focuses on the Family
- Phase 3 focuses on the Community

For only \$25 per household, you will have access to the **Health Matters Calendar 2020** which includes the following workshop and activities:

- Back to School in a COVID-19 Environment: Self Care Tips for Parents Workshop
- Introduction to Yoga
- Yoga Flow for All
- Storytime Yoga
- Martial Arts: Introduction to Tai Chi
- Family ZUMBA®
- Zentangle Drawings

Everyone who registers will have access to this calendar, and can participate in as many or as few activities as they choose! Phase 1/First Four Weeks begins the week of August 24 and runs until the week of September 14.

For detailed program descriptions, visit our [Health Matters page!](#)

**Register Now!**

If you have any questions about these programs, or registration, please contact our Health Matters Program Coordinator: Jennifer Boehler at [JenniferB@ahmyouth.org](mailto:JenniferB@ahmyouth.org).

*Health Matters Program brought to our community by a Cigna Foundation Grant, and AHM Youth & Family Services.*

For updates, follow us on social media @ahmyouth

