



1 Life Connected

Below are examples of classes/activities outside Veterinary Medicine.

Ideally you want to pick something totally new and outside your comfort voice.

Yoga (there are many forms of yoga)

Pilates

Meditation

Local exercise club class (spinning, rumba, body sculpt,...)

Knitting classes

Sign up for kick boxing classes

Join a Cross-fit gym

Quilting classes

Improv classes

Painting classes

Drawing classes

Sculpting classes

Journaling classes

Join a book club

Cooking classes

Acting/Drama

Learn a new language

Learn a new Instrument

Learn a new sport (golf, tennis, snowboarding, wake boarding, surfing, horse back riding, ...)

Take voice lessons

Join a team sport league (this one you probably want to have some basic knowledge of the sport first)



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Join a local hiking/walking group

Sign up for a race of any length (walking, running, biking, dualathlon, triathlon, obstacle races,...)

Join an athletic club (examples, running, biking, paddle boarding,...)

Participate in a spiritual study class

Join a church group

Take a gardening class

Take a DIY home improvement class

Others areas to find activities:

- Local gym
- Local church
- Social media (MeetUp is an example)
- Township/county websites
- Local stores (REI for example)
- Local library
- Local community college
- Local restaurants



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Be 1 Life Connected!

**We are mindful of our response
We create our environment
We embrace our emotions
We find self-forgiveness**

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