



A shady spot and a gentle breeze can turn a hot day into a cherished memory.

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Dear Fitness Friends,

August brings the hottest, steamiest days of summer. This time of year is described as the "dog days of summer", but what exactly does that mean? Turns out it has very little to do with actual dogs, and everything to do with astronomy. Ancient stargazers noticed late in the summer that the star Sirius reappears in the sky. Sirius is known as the dog star, getting its name from the constellation Canis Major, or Greater Dog, where the star is found. Stay cool and hydrate!

Yours In Wellness,
Bayley Wellness Staff



Group Personal Training Showcase

Discover how our personal trainers can help you stay motivated and reach your goals. Whether you want to build strength, tone muscles, improve balance and endurance, support bone health, or simply feel better, this class will show how personal training can be tailored to your needs. Group training benefits include *built-in accountability*, with camaraderie and accountability buddies that help keep you on track, plus more personalized programming; and *cost-effectiveness*, giving you access to professional trainers at a fraction of the cost of one-on-one personal training.

**Thursday, August 6th
2:00-3:00pm**

****During the months of August and September, receive 10% discount on group personal training for members and non-members. Non-Members will also receive Member rates during this time.**

Dog Days—Health Benefits of Owning a Pet

Having a pet can improve overall health and well-being. Research shows that pet ownership offers physical, mental, and emotional benefits, including reduced stress, lower blood pressure, more physical activity, and a lower risk of heart disease. Pets can also ease loneliness, boost mood, support mental sharpness, build a sense of responsibility and purpose, and encourage social connection. Overall, pets can help promote a healthier, happier life.

Upcoming Events

August 6 Group Personal Training Showcase 2pm

August 17 Bayley Art Collective
Featuring : David Shields Begins

August 20 Exercise is Medicine for Parkinsons Open House 2pm

August 24 Pop Up Zentangle Class 1pm
Sign up at Welcome Desk

Exercise is Medicine: A Parkinson's Open House

Parkinson's patients and family are invited to an Open House that will feature exercise class options, support group information, member testimonials, guest speakers, book sales and signing, general Bayley information, and facility tours.

**Bayley Wellness Center
Thursday, August 20th
2:00-4:00 p.m.**

Bayley University

Be on the lookout for the Bayley U fall curriculum, coming soon!! The sessions run from September through November. We've got some excellent learning opportunities that you're sure to enjoy!!

Guest Passes

Did you know that all members receive 6 guest passes each year for sharing with a family member or friend? Visit the Welcome Desk for more information.

